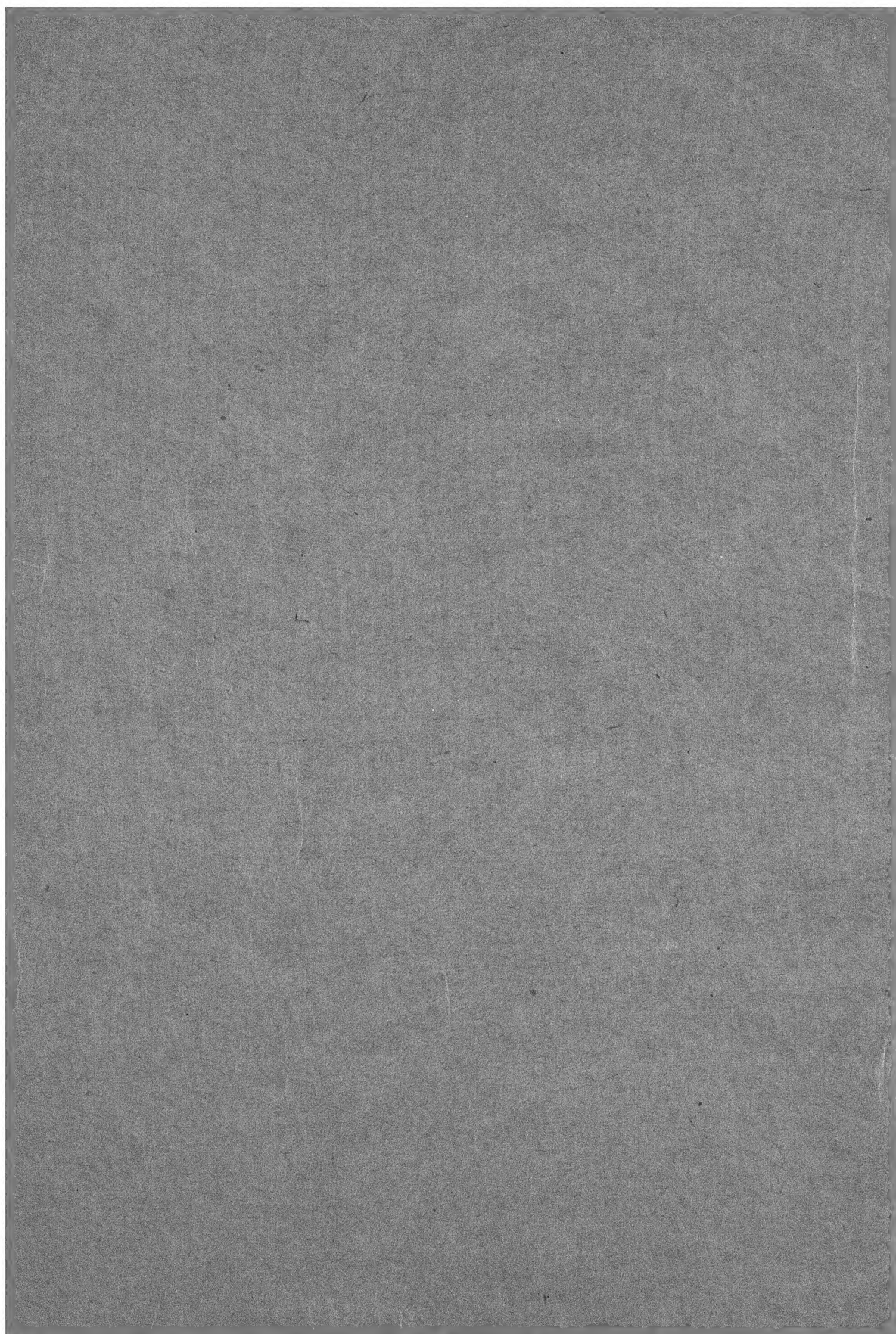


STAR CITY COOK BOOK

ISSUED BY
THE LADIES' AID
OF THE
STAR CITY UNITED CHURCH

1929-30

STAR CITY ECHO



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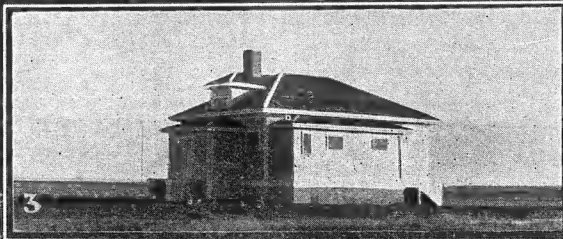
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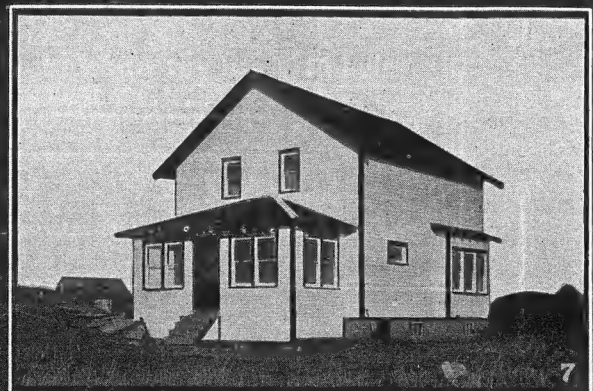
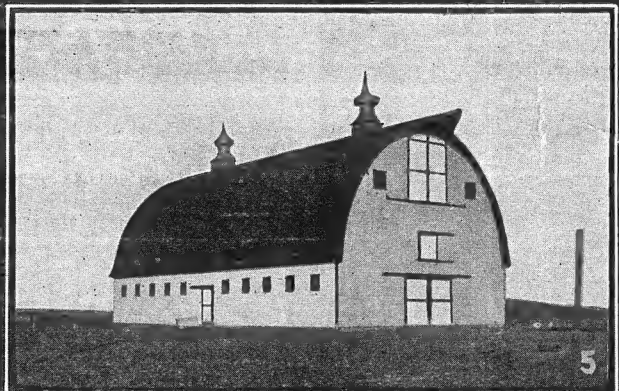
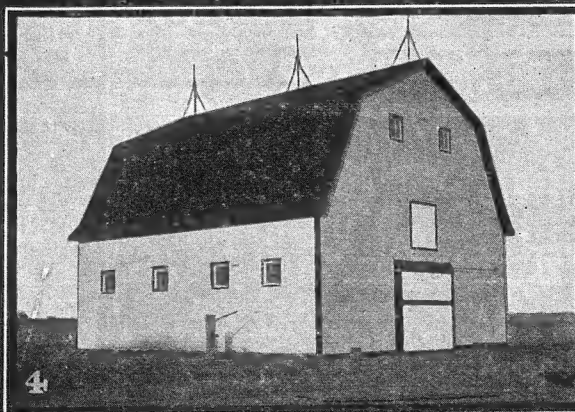
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PREFACE

The recipes to be found in this book have been gathered from many sources, but they have for the greater part been contributed by the ladies of Star City and district, who have tested them and proved their worth.

It is the belief of those who have compiled the contents, that the book will be a "friend in need" to every housewife who is so often perplexed to know what to serve. The indexed and orderly arrangement of the recipes will make them convenient of reference.

The generous patronage of enterprising business men has made it possible to present this book in attractive form and a careful perusal of their advertisements is solicited.

The ladies of the United Church
Bring before you this little book,
Knowing how many men are killed
Because their wives can't cook.
Everything between its covers
Has been tested and tried,
They hope you'll look it over
And thus secure a prize.

Let's not despise just common things,
For here's a truth there is no dodg-
ing;
The bird that soars on proudest wings
Comes down to earth for board and
lodging.

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GENERAL RULES

SETTING THE TABLE

Place the silence-cloth on the table. Over this lay the cloth, arranged straight and smooth. Asbestos pads should be placed under all hot dishes when doilies or runners are used on a polished table.

A cover means the space with the silver, glass and china allowed for each person. Enough space must be allowed so that no one is crowded. Twenty-two inches is the least space that should be used.

At the centre of each cover place a plate, the kind depending on the meal that is served. For breakfast it will probably be the fruit plate. At the right of the plate place the knife, with its sharp edge toward the plate and the end of the handle about one inch from the edge of the table. Next to the knife place the spoons, with

the bowls up.

At the left of the plate, place the fork or forks with the tines up and the end of the handle about one inch from the edge of the table. To the left of the fork lay the neatly folded napkin.

At the end of the knife, place the glass right side up. At the end of the forks, place the bread and butter plate.

When flowers are used they should be low, or not high enough to obstruct the view across the table.

Place the serving spoons and the carving knife and fork where they will be needed, but do not place them in the dishes before beginning the serving.

GENERAL RULES FOR SERVING

1. Serving dishes from which the guest is to serve himself must be passed to the left of the guest.
2. Plates that have been served are placed in front of the guest from the right side.
3. Used plates are removed from the right side.
4. When removing dishes between courses use the following order: Remove the used dishes, then the dishes containing food, next the clean dishes and silver that will not be needed further, then the crumbs from the cloth.

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TABLE MANNERS

1. Never go to the table unless and face are clean and the hair is in order.
2. Stand behind the chair until the hostess takes her seat.
3. The napkin should be laid across the lap without being entirely opened out. Never stick the corner inside the collar. If the napkin is to be used again, fold it neatly before leaving the table.
4. The knife should be held in the right hand and the fork in the left when they are used at the same time. The knife must be laid on the plate when not in use. Both knife and fork should be placed side by side on the plate when one has finished using them at the end of a course.
5. The spoon should be held in the right hand, and such food as soup, tea or coffee, should be taken from the side of the spoon. A spoon used for stirring tea or coffee should be laid on the saucer after use.
6. Never eat hurriedly.
8. Do not talk when the mouth is full of food.
9. Ask politely for dishes to be passed.
10. If it is necessary to leave the table before the others are ready, ask to be excused by the hostess.

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SOUPS

CREAM OF TOMATO SOUP

1 can tomatoes
 $\frac{1}{4}$ tsp. soda
2 tsp. sugar
4 tbsp. butter
2 tsp. salt
 $\frac{1}{2}$ tsp. pepper
1 qt. milk

Cover and stew the tomatoes slowly one-half to one hour then rub through a strainer, heat again, then add soda and sugar to tomatoes. Make a white sauce of the other ingredients, then add the tomatoes to it, serve at once. Do not mix until ready to serve and do not allow the soup to boil after the tomatoes have been added to the milk.—Mrs. Ed. Cosford.

POTATO SOUP

3 potatoes
4 cups milk
1 onion
2 stalks celery
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper
2 tbsp. butter
1 tbsp. flour.—Mrs. Jos. Byers.

CREAM OF CORN SOUP

1 can corn
2 cups water
2 cups milk
1 tsp. salt
 $\frac{1}{8}$ tsp. pepper
2 tbsp. flour
2 tbsp. fat.—Mrs. A. H. Hennings.

CHICKEN SOUP

1 four pound fowl
2 qts. water
seasoning

Joint the fowl and skin it, remove all visible fat. Break the bones and place in a sauce pan. Let stand one hour. Bring slowly to the boiling point and simmer for three hours. Strain, cool, remove fat, season to taste.—Mrs. Jos. Byers.

POTATO SOUP

$1\frac{1}{2}$ cups riced potato
1 qt. milk
1 slice onion
2 tbsp. flour
2 tbsp. fat
 $\frac{1}{8}$ tbsp. celery salt
1 tsp. salt
1 tsp. chopped parsley
 $\frac{1}{8}$ tsp. pepper.
—Mrs. Gordon Armstrong.

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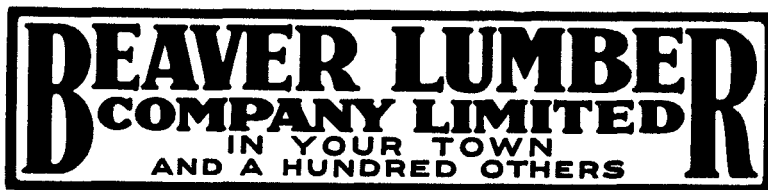
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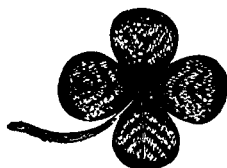


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CREAM OF GREEN PEA SOUP

Press boiled or canned green peas through a colander to make a puree. To one and a half cups of puree add 1 teaspoonful of salt, 3 cups of milk, heat to scalding. Rub 2 tbsp. of flour and 2 tbsp. of butter together, and stir in the hot liquid; return to the kettle, cook five minutes and serve. (All water in which vegetables have been cooked should be kept and used in making soups.)—Margaret Smith.



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MEATS

EGG DUMPLINGS

Yolks of four eggs
2 tbsp. milk
2 tbsp. flour
 $\frac{1}{2}$ tsp. salt

Mix together, add well beaten whites, pour all in at once, boil 20 minutes in either chicken or beef broth. Break dumplings with a spoon and serve.—Mrs. Carl Kretzschmar.

HOME CURED MEAT

100 lbs. meat
10 lbs. salt
1 tbsp. salt petre

Enough water to cover meat. Boil this mixture, skim, let cool, and pour over the meat, let stand ten days. Then take out the meat, throw away this brine, make a new brine of 8 lbs. salt, 1 tsp. salt petre; boil this, skim, let cool and again pour over the meat for four or six weeks.

—Mrs. Carl Kretzschmar.

LIVER AND ONIONS

Slice liver 1 inch thick, roll slices in flour and fry in hot fat on one side, season with salt and pepper, Then add two onions sliced and $\frac{1}{2}$ cup

sour cream and $\frac{1}{2}$ cup water, simmer all for a few minutes.

—Mrs. Carl Kretzschmar.

TO BOIL AND ROAST A HAM

Boil ham slowly for 2 or 3 hours. Skim occasionally. Then take it off and when cold remove the rind. Brush over with beaten egg. Make a paste with melted butter and powdered cracker crumbs and cream to make a thick paste. Spread it evenly over the ham and brown in a moderate oven.

—Mrs. L. T. R. Smith.

VEAL CUTLETS

Beat two eggs light, dip the chops in this, piece at a time, to cover both sides. Roll in grated bread crumbs, fry in hot butter, salt and pepper after frying one side.

—Mrs. Gordon Armstrong.

TOMATO AND CORN CASSEROLE

Butter casserole, fill with alternate layers of corn and tomatoes, season with salt, pepper and butter, cover with buttered bread crumbs and bake 30 minutes.—Mrs. A. H. Hennings.

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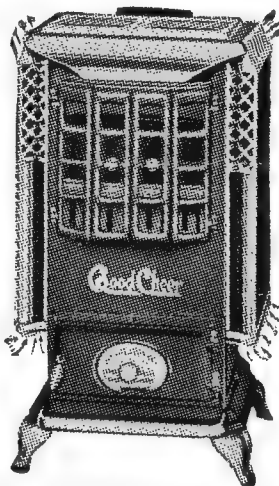
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STEAK WITH TOMATOES IN CASSEROLE

Dip steak in flour and brown lightly in very hot greased pan. Then place in casserole. While steak is browning heat a half can of tomatoes, season with salt, pepper and butter and pour over steak. Cover and bake very slowly in a moderate oven for a couple of hours.—Mrs. L. T. R. Smith.

MEAT PIE

1 cup meat cut small
1 cup peas
1 cup carrots
1 cup potatoes
1 small onion.

Mix meat, carrots and peas with salt, pepper and onions, sprinkle with butter, mash potatoes and place on top. Bake a golden brown.

—Mrs. A. H. Hennings.

EGG CUTLETS

8 hard boiled eggs
1 raw egg
2 oz. butter
1 oz. flour
 $\frac{1}{4}$ pint milk
Dry bread crumbs
Pepper and salt

Chop eggs fine, melt butter, add flour. Mix well, add milk and boil well. Put in eggs, season to taste, spread on a plate to cool. When cool shape into cutlets, coat carefully with egg, cover with bread crumbs and fry in deep fat until golden brown. A few

fried mushrooms, or a little curry powder or fish sauce makes a variety.

—Mrs. D. Clark.

BAKED PORK CHOPS

Trim and brown as many pork chops as required. Place in a casserole. Add a sliced onion, chopped, green peppers and half a can of tomatoes. Bake for 1 hour.

—Bertha Trainor.

STUFFED PORK CHOPS

Have pork chops cut from the thickest part of the spareribs, bone them with a sharp knife, split them to half their thickness. Have ready a stuffing the same as is made for turkey. Spread the chops and press together sandwich fashion. Lay on a buttered baking pan, dot with little lumps of butter, and squeeze on a little onion juice. Place in a pan a tbsp. of currant jelly, a tsp. of lemon juice and a tbsp. of hot water. Cover for the first 15 minutes in the oven, then uncover and baste frequently with the dish gravy.

—Mrs. B. Hegre.

CANNED FRESH FISH

Cut fish in pieces and fill jars, add 2 level tsp. of salt and 1 of pepper and 1 tsp. of vinegar. Put on ring and lid and turn back half a turn, put jars in canning rack in boiler, cover with cool water. Boil six hours. Remove jars, tighten, and store in a dark cellar.—Mrs. E. Williams.

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SUSIE'S EGGS

Take a shallow baking dish and put 2 large tbsp. butter in a little milk, then a layer of grated cheese, break a number of eggs and put them in the dish, being careful to keep them separate, season with salt and pepper, sprinkle cheese on top, put in the oven and as soon as cheese is browned serve.—Mrs. R. J. Harris.

SHEPHERD'S PIE

Cook some potatoes and mash them smooth with milk. Put a thin layer of them in the bottom of a dish and over this put some meat that has been minced fine and mixed with onion sauce of gravy. Cover the meat with the rest of the potatoes and put in the oven to brown. Serve hot.

—Mrs. George Smylie.

BEEF LOAF

2 lbs. lean beef (raw) put through chopper
½ lb. ham (raw) put through chopper
3 well-beaten eggs
4 soda biscuits rolled fine
1 tsp. salt
½ tsp. pepper
3 tbsp. cream

Mix all together thoroughly, grease oblong pan and press mixture into it firmly, cover and bake in moderate oven 1 hour, uncover and bake 20 minutes longer. Serve either cold or hot.—Nettie R. Wallace.

MEAT STEW WITH MACARONI

Take left over boiled or roasted meat. Cut in small pieces 2 onions and ½ cup of macaroni, put all in a dish with enough water to cook and cook till macaroni is done. Season with salt and pepper and pinch of curry powder.—Mrs. Ross Anderson.

BREAKFAST BACON

Try this method of cooking bacon for a change. First fry the bacon a nice brown, then pour over it a batter made by beating an egg and thickening it with a tbsp. flour. When the batter sets, turn the bacon over and cover the other side. Brown both sides and serve the bacon hot with well browned fried potatoes.

—Mrs. H. E. Coveney.

MEAT LOAF

2 lbs. ground steak
2 eggs
1 cup bread crumbs
2 tbsp. butter
2 level tsp. salt
Pepper to taste
2 cups strained tomatoes
2 cups boiled macaroni
½ cup cheese cut fine

Add one egg at time, unbeaten, work into meat, add crumbs with butter worked in seasoning and cheese, then 1 cup tomatoes. Put in loaf pan and pour last cup of tomatoes over. Bake 2 hours in not too quick an oven.

—Mrs. J. D. Smylie.

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ESCALLOPED SHRIMPS

1 cup bread crumbs
1 cup cooked tomatoes
1 tbsp. minced parsley
 $\frac{1}{4}$ tsp. salt
Paprika
2 cups cooked or canned shrimps
1 green pepper, shredded
2 tbsp. butter or shortening

Sprinkle bottom of greased casserole with $\frac{1}{2}$ cup bread crumbs. Cover bottom with tomatoes, add parsley, salt and paprika. Put in a layer of shrimps, then a layer of green pepper which has been sautéed in shortening. Repeat layers of tomatoes, seasoning, shrimp and green peppers until all are used. Cover top with remaining half cup of crumbs. Dot with bits of butter and sprinkle with paprika. Cook in moderate oven about $\frac{1}{2}$ hour. Makes 5 or 6 servings. This is very nice without the green pepper, and boil for 10 minutes, cool, add strained juice and pineapple. When almost frozen add egg white stiffly beaten.

—Mrs. W. J. Hartnett.

VEAL RESSOLES

Chop cold veal very fine, add one-half the quantity of cracker crumbs, season with salt, pepper, sage and 1 small onion chopped fine, moisten with beaten egg and shape into round balls; put on bake tin with a small lump of butter on top and brown in hot oven. Serve with tomato sauce.

—Mrs. N. K. Wallace.

HAMBURG STEAK

Chop one pound of beef, add one finely chopped onion, season with salt and pepper, shape into small cakes, roll in flour, fry in hot fat. Serve with brown sauce.

—Mrs N. K. Wallace.

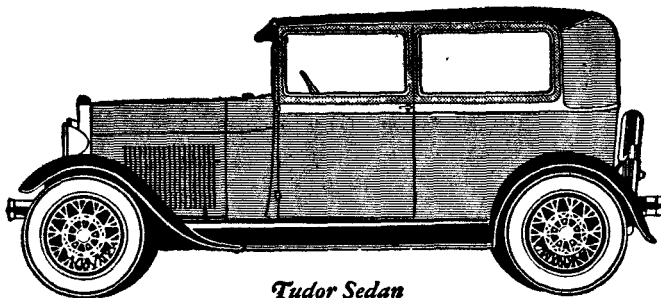
HAM PATTIES

One pint of ham which has been previously cooked, mix with two parts of bread crumbs, wet with milk, put batter in gem pans, break one egg over each, sprinkle the top thickly with cracker crumbs, a little salt and pepper, bake until browned over. This makes a nice breakfast dish.—Mrs. N. K. Wallace.

SALMON FLUFF

1 $\frac{1}{4}$ cups salmon
1 cup cooked rice
2 tbsp. butter
1 tbsp. salt
 $\frac{1}{4}$ tsp. pepper
2 eggs
1 cup milk

Remove skin and bones from the salmon, flake with a fork, add the rice, milk, and egg yolks, beaten well. Melt butter and add it together with the seasoning. Beat the whites of the eggs until very stiff and at the last fold them into the mixture. Bake in a moderate oven for one-half hour. Serve hot, garnished with sprigs of parsley.—Bertha Trainor.



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—Mrs. B. Hegre.

1½ tbsp. butter

1½ tbsp. flour

1 egg yolk

½ cup milk

½ cup fish water

½ tsp. salt

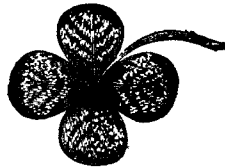
½ lemon (juice)

Mix and cook exactly like cream sauce or drawn butter. Add beaten yolk after the sauce is cooked and

TOMATO BEEF ROAST

Brown in suet both sides of a thick piece of round or flank steak. Cover it with a thick layer of onions and over this pour a can of hot tomatoes. Bake slowly until meat is tender.

—Bertha Trainor.



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VEGETABLES

HURRY UP SCALLOPED POTATOES

Place milk on hot stove, add salt and let come to boil, slice in your potatoes and let boil 10 minutes, stirring occasionally with fork to prevent burning, draw the kettle back on the stove where it will just simmer, add a little flour and butter mixed with a little milk and cook slowly for 10 minutes. (The flavour of these potatoes is better than when cooked slowly.)—Margaret Smith.

CABBAGE

Shave cabbage very fine and place in a small amount of boiling, salted water, boil for 10 minutes and remove, and add a little butter. If cooked this way cabbage is more easily digested.—Margaret Smith.

VEGETABLE SCALLOP

Put layers of sliced carrots, sliced potatoes, some celery and cracker crumbs in a buttered casserole. Season with salt and pepper, cover with milk and put slices of bacon on top. Bake until vegetables are tender.

—Mrs. D. Muir.

TOMATOES AND CHEESE

6 tbsp. bread crumbs
6 tbsp. grated cheese

Mix, butter a dish, sprinkle with crumbs and cheese, put a layer of tomatoes then of crumbs and cheese alternately till dish is full. Last layer of crumbs, dot with pieces of butter, salt and pepper. Bake 30 minutes.

—Mrs. H. E. Coveney.

TO CAN NAVY BEANS

Wash and put to soak over night three lbs. beans in luke warm water that one teaspoonful soda has been dissolved in. In morning put on back of stove and cook slowly until tender, add three tablespoons salt (level), a dash of pepper. Just before sealing add one small tin tomato catsup. Seal air tight and keep in cool place.

—Mrs. N. K. Wallace.

CORN CUSTARD

One can of corn, mixed not to thin with rich milk, add two or three well beaten eggs, pepper and salt to suit taste. Bake half an hour. To be served as a vegetable.—Mrs. N. K. Wallace.

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CANNED TOMATOES FRIED

1 pint canned tomatoes
2 tbsp. butter
1 tsp. salt
1 tsp. sugar
 $\frac{1}{4}$ tsp. pepper
1 tsp. baking powder
Flour

Place tomatoes in a bowl, add the butter melted, the salt, pepper and sugar, sift in the baking powder with the flour, adding enough flour to make like pancake batter. Drop by spoonfuls in hot frying pan containing a small amount of melted fat. Brown both sides, turn on hot platter and serve at once.—Mrs. Ed. Cosford.

CARROTS EN STYLE

6 medium sized carrots
1 medium sized onion
1 can tomatoes
1 lb. hamburger
1 green pepper

Scrape and slice carrots and put on stove to steam. Then take some bacon grease and put in a frying pan with the sliced onion. Roll the hamburger in small patties and fry until a light brown. When the carrots are done, add tomatoes, carrots and pepper to the hamburger and let simmer. Serve piping hot.—May Evans.

CORN CHOWDER

2 slices fat salt pork
1 onion, sliced
2 cups diced potatoes
2 cups corn

1 tbsp. butter
1 tbsp. flour
4 cups milk

Cut pork in small pieces and fry out fat, add onion and saute until tender, add potatoes, cover with boiling water and simmer until tender. Add corn, salt and papper to taste and simmer ten minutes. Add milk, bring to boiling point and thicken with flour blended with butter. Serve with crackers or croutons.

—Mrs. W. Brown.

BAKED BEANS

Soak two cups beans over night, put on back of stove and simmer until hulls begin to come off. Then add 1 tablespoon cooking molasses, $\frac{1}{2}$ teaspoon mustard, 1 teaspoon salt, a dash of pepper, put in bake dish and place thin strips of bacon over top. Bake $\frac{1}{2}$ hour in hot oven.

—Mrs. N. K. Wallace.

MASHED IRISH POTATOES

Peel and wash well the number required for the meal, put them into a kettle to cook, cover with boiling water, boil until well done, drain, remove lid from kettle and let potatoes dry on back of stove for a few minutes. Mash very fine, add one cup cream, a little at a time, and butter the size of an egg. Salt to suit taste, beat them with large spoon until very light and white.

—Mrs. N. K. Wallace.

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BAKED BEANS

Put one quart of dry beans to soak in soft water at night. In the morning drain and cover with boiling water with little soda. Boil until skins crack, then drain into a baking earthenware dish, put layer of beans and layer of salty pork and 2 table-spoons of molasses in beans. When cooking, before putting into dish to cook in oven, season with pepper and salt, if pork is not salty. Fill dish alternately with beans and pork. Cook several hours in steady oven, the last hour leave top off so they will brown. A gallon pickle crock makes a very good bean pot.

—Mrs. F. B. McIntyre.

CREAMED POTATOES

Cut into dice shape cold boiled potatoes, put into fry pan a large lump butter, one tbsp. flour, cream, butter and flour together (not fry), then gently stir in one pint milk. When this is hot add your potatoes and season with salt and pepper, shake the pan so they will not brown. Keep covered. Serve while hot.

—Mrs. N. K. Wallace.

PARSNIPS

Scrape nicely and split lengthwise, wash in cold water, boil until tender in salt water, drain, dip the slices into batter such as you would make hot cakes of; fry in hot lard until brown.

—Mrs. N. K. Wallace.

GLACED CARROTS

Mash and scrape as new potatoes, cut lengthwise and boil in salt water until tender, drain, put into fry pan one-half cup butter, one-half cup sugar and one cup boiling water. When butter is melted, add carrots, serve on plate as you would meat.

—Mrs. N. K. Wallace.

CANNED RIPE TOMATOTES

Pour boiling water over tomatoes, remove top skin, then put tomatoes into a kettle and put on the stove and let scald to boiling point. Add one tsp. of salt to every quart of tomatoes. Seal while hot. Turn sealers upside down. When cold wrap in paper and keep in a cool dark place.

—Mrs. Ross Anderson.

TO CAN CAULIFLOWER

Cut flowered portion into pieces small enough to be easily packed in jars. Place in water slightly salted for one hour. Blanche 3 minutes, then cold dip. Pack in sterilized jars. Add one tsp. salt to each quart jar. Fill jar to overflowing with boiling water. Adjust rubbers and covers. Sterilize for one hour.—Mrs. F. L. Barnett.

FRIED TOMATOES

Slice fresh tomatoes in thick slices, dip in beaten egg and grated bread crumbs, fry in hot butter, season with salt and pepper.

—Mrs. Gordon Armstrong.

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SCALLOPED TOMATOES

Turn one-half can into a casserole, season with salt, pepper and dots of butter. A layer of rolled soda biscuit crumbs. Put in rest of tomatoes and season as before, having a layer of crumbs on top, dots of butter and just moisten with a little hot water or cover casserole until crumbs are moistened with steam. Remove cover and brown lightly.

—Mrs. L. T. R. Smith.

POTATO SCALLOP

Slice and brown a couple of onions lightly in a pan. Peel and slice required number of potatoes. Place a layer of potatoes in a casserole—a layer of onions. Sprinkle with flour. Season with salt, pepper and butter, then another layer of potatoes and onions. Season, add dots of butter and enough milk to cover. Bake in moderate oven with dish covered for the first half hour, then remove cover to let them get a rich golden brown.

—Mrs. L. T. R. Smith.

SCALLOPED POTATOES

Wash, pare and slice potatoes. Put a layer in a buttered dish, sprinkle with salt and pepper, flour and dots of butter. Repeat until the dish is full, add milk until it can be seen on top, cover and bake in a moderate oven about one hour. Grated cheese or onions may be added.

—Mrs. Gordon Armstrong.

TO CAN PEAS

Cook peas as if for the table. When finished put into hot sterilized sealers liquid as well and add one tsp. salt to each quart sealer. Place sealers in rack in boiler and boil for 20 minutes. Take out and seal tight.

—Mrs. F. L. Barnett.

STRING BEANS AND PEAS

Can same day vegetables are pickled. Blanch in boiling hot water from 2 to 5 minutes. Remove and plunge quickly into cold water. Pack in jars. Add boiling water to fill crevices. Add 1 level tsp. salt to each quart. Place rubbers and tops in position. Partially seal, but not tight. (Cap and tip tin cans.) Sterilize 120 minutes in hot water bath. Remove jars, tighten covers. Invert to cool and test joints. Wrap in paper to prevent bleaching and store.—Mrs. N. L. Robson.

MACARONI AND CHEESE

1 cup macaroni
2 tbsp. butter
4 tbsp. flour
2 cups milk
1 tsp. salt
1 cup grated cheese
 $\frac{1}{2}$ cup buttered crumbs

Cook macaroni in boiling salt water. When tender pour in colander and rinse with cold water. Make the sauce, add cheese, stir until smooth, add macaroni and bake in buttered dish. Cover with bread crumbs and brown.—Ethel Hennings.

POTATOES AND HAM

Slice a generous layer of potatoes in a baking dish, sprinkle lightly with flour, add salt and pepper. Place cured ham, cut in pieces for serving, alternately with potatoes, pour in milk, bake one hour. Remove cover and brown.

—Mrs. Gordon Armstrong.

CORN OYSTERS

1 can corn
Add 2 well beaten eggs
1 tsp. melted butter
 $\frac{1}{2}$ tsp. salt
Enough flour to make stiff batter
Add $1\frac{1}{2}$ tsp. baking powder to flour

Drop by spoonful in boiling lard. This makes enough for 8 people. This is nice for supper.

—Mrs. Chas. Hennings.

GLORIFIED RICE

Cook 1 cup rice in 4 cups water, boiling water 20 minutes, drain and rinse with cold water, let cool, pour 1 cup boiling water over 1 pkg. of gelatine and let stand until cool. Whip gelatine, add 1 cup sugar, 1 cup whipped cream, 1 cup crushed pineapple and the cold rice, whip all together, serve fluffy or set aside to harden.

—Mrs. W. J. Evans.

SHRIMP WIGGLE

1 can peas
1 can shrimp

Heat peas, make white sauce, add shrimp and seasoning. Serve on toasted cracker.—Mrs. Dan Muir.

MASHED POTATO BALLS

2 cups cold washed potatoes
1 egg
Butter
Salt and pepper

Mix cold mashed potatoes with the beaten egg and shape into balls. Place the balls in buttered pan and make a depression on top of each. Put a bit of butter in each depression and brown in the oven.

—Mrs. A. H. Hennings.

CANNED PEAS

Shell and wash peas. Dip in boiling water and leave for five minutes. Remove and place in cold water. Pack in sterilized jars, add one tsp. salt to each quart jar and fill with boiling water to within $\frac{1}{4}$ inch of the top. Adjust rubbers and tops partly seal. Sterilize three hours.

—Mrs. F. C. Byers.

CAULIFLOWER PATTIES

Boil as much cauliflower as wanted until tender; drain. Mash with fork real fine. Fry an onion until nice and brown in butter and put it into cauliflower. A pinch of salt and pepper and about $\frac{1}{4}$ cup of fine bread crumbs. 2 eggs or more if needed to make it soft. Pat out in cream of wheat and fry in butter. Serve as a substitute for meat or as a vegetable.

—Mrs. J. Furman.

PICKLES

PEACH PICKLE

8 lbs. peaches
4 lbs. sugar
1 pint vinegar

Stick 2 or 3 cloves in peaches after being peeled. Add a few sticks of cinnamon, cook until tender, take them out on a platter to cool. When cool put in jars, pour the cold syrup over them. Let stand 24 hours, then seal up.—Mrs. P. Mervold.

DUTCH PICKLE

1 qt. green tomatoes
1 qt. green cucumbers
1 qt. onions
1 large cauliflower
1 small cabbage
3 red peppers, chopped fine
 $\frac{1}{2}$ cup salt

Chop all fine and pour on enough hot water to cover. Let stand $\frac{1}{2}$ an hour, then drain. Then make a dressing of the following:

8 tbsp.
1 tsp. turmeric
3 cups sugar
1 cup flour

Mix with a little vinegar until smooth. All mixture to 2 qts. boiling

vinegar, stirring constantly until thickened, then pour over vegetables.
—Mrs. P. Mervold.

FRUIT SAUCE

30 good sized ripe tomatoes
6 peaches
6 pears
6 onions
4 cups white sugar
3 green peppers chopped
2 tbsp. salt
1 small bag mixed spices
1 qt. malt vinegar

Boil 2 hours or until thick.

—Mrs. L. T. R. Smith.

GREEN TOMATOES SPICED

5 $\frac{1}{2}$ qts. small green tomatoes. Boil until tender in salt water. Then lift and peel and stick with whole cloves. Put on a platter until next day, then drain. Make syrup of 4 lbs. brown sugar, 1 qt. vinegar, 4 or 5 sticks whole cinnamon. Pour over tomatoes hot and let stand 3 days. Pour syrup back again and boil a few minutes. Put in tomatoes, let come to a boil. Boil for a few minutes only so as to leave them whole.

—Mrs. L. T. R. Smith.

OLIVE OIL PICKLES

Slice 100 uniform sized cucumbers without peeling real thin. Lay in salt about 3 hours using about 3 cups of salt, drain if too salty, pour over cold water, drain again. Slice 3 pints white onions, leave in water in which alum size of small nut was dissolved, same time drain. Take:

3 oz. white mustard seed
1 oz. celery seed
2 oz. white ground pepper
1 pint pure olive oil

Mix all together well with wooden spoon or hands and cover with pure vinegar. Pack in jars—will be ready to eat in a week. This makes about 2 gallons.—Mrs. Joe Sauter.

CHOW CHOW

$\frac{1}{2}$ lb. English mustard
 $\frac{1}{2}$ oz. turmeric
2 tbsp. mustard
 $\frac{1}{2}$ gal. cider vinegar
1 cup brown sugar
 $\frac{1}{2}$ cup olive oil
1 head cauliflower
1 qt. tiny cucumbers
1 qt. button onions

Cover the cucumbers with strong salt water and let stand over night. Boil the cauliflower and onions separately, put the vinegar into the kettle. Mix the mustard and turmeric together and moisten them with a little cold vinegar and stir continuously until it begins to thicken, then add the remaining ingredients and pour this while hot over the well drained vegetables. Seal in jars.

—Mrs. R. Meiers.

GREEN TOMATO PICKLE

1 gallon green tomatoes
6 green peppers
6 large onions
1 large head cabbage

Run through food chopper, put in $\frac{1}{2}$ cup salt, let drain over night. Next morning add:

3 tbsp. celery seed
2 tbsp. mustard seed
1 bunch of celery cut in small pieces
3 qts. vinegar
3 cups sugar

Cook one hour.

—Mrs. Frank Thiesen.

RHUBARB RELISH

1 qt. rhubarb, cut up
1 pt. onions, sliced
1 pt. vinegar
1 $\frac{1}{2}$ lbs. brown sugar
1 level tsp. each cloves, cinnamon, allspice, salt, pepper, or
1 tbsp. mixed spice
Boil until soft.—Mrs. H. J. Brett.

PEPPER HASH

1 head cabbage, large
6 or 8 onions
10 peppers—5 green, 5 red

Chop fine and sprinkle with $\frac{1}{2}$ cup salt, let stand 24 hours, drain well, cover with vinegar, add 1 tbsp. celery seed, $\frac{3}{4}$ cup mustard seed, 2 cups white sugar. Mix well, put in granite dish. Stir often for two days. Bottle.

—Mrs. R. Eastman.

OILED PICKLES

Material:

100 small pickles
 $\frac{1}{4}$ lb. ground mustard
1 tsp. black pepper
 $\frac{1}{4}$ lb. whole mustard
1 qt. small onions
1 pint olive oil
2 oz. celery seed
2 qts. cider vinegar

Directions:

Wash, and with a cloth rub the cucumbers well. Peel the onions and slice both in thin slices. Put a layer of cucumbers and one of onions, then sprinkle salt, then repeat the layer until all is used. On the top place a weight and let stand over night. In the morning drain, put a tabsp. of powdered alum in sufficient cold vinegar to cover the pickles and let stand until afternoon. Drain again. Do not waste this vinegar as it can be used again. Put the cucumbers and onions into jars, mix all the remaining ingredients together, adding the oil and vinegar. Pour over them.

—Mrs. R. Meiers.

MY MOTHER'S FAVORITE PICKLE

1 qt. raw cabbage, chopped fine
1 qt. cooked beets, chopped fine
 $1\frac{1}{2}$ cups white sugar
1 tbsp. salt
1 tbsp. black pepper
 $\frac{1}{4}$ tsp. red pepper
1 cup grated horse radish

Mix all together, pack in jars, cover with cold vinegar and seal.

—Mrs. C. Quinnel.

CHILI SAUCE

1 can tomatoes
1 cup celery, chopped
 $\frac{1}{2}$ cup onions, chopped
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup vinegar
Pepper and salt to taste.

—Mrs. R. Gilliland.

MUSTARD PICKLE

1 gal. cucumbers, sliced
1 pt. onions, sliced
Cover with brine and let stand over night.

Dressing:

1 qt. vinegar
2 cups brown sugar
3 tbsp. flour
4 tbsp. mustard
 $\frac{1}{4}$ tsp. turmeric
 $\frac{1}{4}$ tsp. celery seed
1 tsp. mustard seed
1 tsp. pepper

Bring to boil. Add cucumbers and onions and let boil about 5 minutes.

—Mrs. R. Gilliland.

RIPE TOMATO PICKLES

4 baskets tomatoes
4 bunches celery
4 or 5 large onions
4 or 5 green peppers
2 tbsp. salt
1 qt. vinegar
3 lbs. brown sugar
Pickling spice (in a bag).

Peel the tomatoes and cut the celery in small pieces. Boil together until thick.—Mrs. Chas. Orchard.

CUCUMBER RELISH

Take fair size cucumbers, peel, and about one-third amount of onions. Put all through food chopper. Sprinkle with salt and stand four hours. Squeeze out of brine. Take two tablespoons of mixed pickling spice and roll very fine with rolling pin. Make a syrup of 1 cup of sugar, 1 cup of vinegar. When boiling, pour over pickle and stir. Bottle and pour a little of the syrup on top. This tastes like fresh cucumbers.

—Mrs. Ross Anderson.

OLIVE OIL PICKLES

Slice large milk pan full of medium sized cucumbers, slice $\frac{1}{4}$ as many onions, sprinkle salt well over them and let stand 2 hours, squeeze dry as paste with hand, without washing.

Mix:

1 $\frac{3}{4}$ qts. vinegar
2 cups sugar (scant)
 $\frac{1}{2}$ cup white mustard seeds
2 tbsp. celery seeds
3 tbsp. olive oil

Pour over pickles and mix thorough, pour in stone jar and cover with plate.—Mrs. A. C. Harris.

TABLE MUSTARD

12 tbsp. vinegar
4 eggs
6 tbsp. sugar
1 tsp. salt and pepper
2 dessertspoons mustard
10 tbsp. sweet cream

Scald vinegar and then put rest in

and let slowly heat until it thickens. Don't boil.—Harriett Mooney.

HORSERADISH WITH CREAM DRESSING

$\frac{1}{2}$ cup heavy cream
3 tbsp. vinegar
2 tbsp. sugar
 $\frac{1}{4}$ tsp. salt
A few grains pepper

Beat well with dover egg beater, then add grated horseradish until mixture is thick.—Nettie K. Wallace.

RHUBARB RELISH

1 qt. rhubarb, cut fine
1 qt. onions, chopped fine
1 pt. vinegar
1 $\frac{1}{2}$ lbs. sugar
1 tsp. cinnamon
1 tsp. allspice
1 tsp. pepper
1 tsp. salt
 $\frac{1}{2}$ cup cooked cranberries
Juice of one lemon

Boil slowly 1 hour.

—Nettie K. Wallace.

DILL PICKLE

1 gal. water
2 cups salt
1 cup vinegar

Boil and let cool. Pack cucumbers, putting 2 layers of cucumbers, then 1 layer of dill, having dill for the top layer. Put a weight on top to keep pickles well covered with brine. Will be ready to use in about 3 weeks.

—Miss Joyce.

CELERY SAUCE

Materials:

4 bunches celery

30 ripe tomatoes

10 large onions

5 red peppers

25 tbsp. white sugar

5 tbsp. salt

6 cups vinegar

Preparations:

Wash and crisp celery, then cut in pieces one inch long, scald and pare tomatoes, pare and slice onions, sprinkle salt over onions and let stand five minutes. To the above add red peppers that have been seeded, sugar and vinegar, if vinegar is very strong weaken with water. Boil all together $1\frac{1}{2}$ hours.—Nettie K. Wallace.

CORN RELISH

Materials:

12 large ears corn

1 small head cabbage

4 onions

2 red peppers

1 qt. vinegar

2 cups white sugar

2 tbsp. salt

1 tbsp. flour

1 tbsp. mustard

1 tsp. turmeric

Preparations:

Chop cabbage and salt and let stand five minutes. Shave corn from cob and boil 15 minutes. Cut onions fine. Seed red peppers. Mix well sugar, flour, mustard and turmeric. Add vinegar to the above and boil one hour.—Nettie K. Wallace.

ONION PICKLE

Peel small onions and fill pint bottles or pint sealers. Allow 1 tsp. salt, 2 tsp. sugar and piece of alum the size of a pea for each pint. Boil as much white wine vinegar as required (dilute with water if too strong) with the salt, sugar and alum, pour the hot mixture over the onions, filling the bottles. Seal and put away 2 weeks before using.

CUCUMBER CATSUP

6 large cucumbers, peel and put through food chopper

1 onion

1 tbsp. salt

1 tsp. pepper

Let drain for 1 hour

2 cups vinegar

cup sugar

Mix all together and seal. Do not use for 2 months. Will keep for years.

—Mrs. Herman Zacher.

DILL PICKLES

Wash cucumbers and let stand in cold water a few hours. Use glass jars and to each 2 qt. jar take four stalks of dill, 3 tbsp. salt, $\frac{1}{2}$ cup of good vinegar. Fill jars tight, but do not bruise cucumbers. If they are too large cut in quarters. Fill up with cold water and seal. They are ready to eat in a month.

MUSTARD PICKLE

1 qt. cucumbers
1 qt. cauliflower
1 qt. onions

Cover with salt and water and let stand over night. In the morning drain.

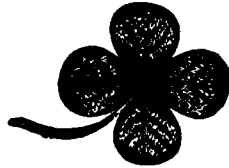
Dressing:

2 qts. vinegar
3 cups sugar

1 cup flour
 $\frac{1}{4}$ lb. mustard
Scant oz. of turmeric powder
Salt to taste

Heat vinegar. Mix sugar, flour, mustard and turmeric with a little cold vinegar and stir into hot vinegar. Add vegetables and cook.

—Miss Joyce.



SALADS AND SALAD DRESSINGS

GENTLEWOMAN JINGLES

Welcome the hosts of salad greens,
And use them without restraint.
Salad each day, the doctors say,
Is better than rouge or paint.

—J. B.

BANANA SALAD

Peel and cut lengthwise ripe bananas and place on lettuce leaves that have been washed and dried between cloth. Put over the top a dressing made of two tbsp. sugar, $\frac{1}{4}$ tsp. mustard, $\frac{1}{4}$ tsp. salt, the yolks of two eggs, 3 tbsp. vinegar. Weaken if strong, sprinkle thickly with chopped walnuts. Cook dressing in double boiler.—Mrs. N. K. Wallace.

APPLE SALAD

Chop fine four medium sized apples add $\frac{1}{2}$ cup grated pimento Kraft cheese, $\frac{1}{2}$ cup shelled almonds, split in two with sharp knife. Make a dressing of $\frac{3}{4}$ cup cream whipped stiff, 3 tbsp. sugar, the juice of 1 lemon.

—Mrs. N. K. Wallace.

FRUIT SALAD DRESSING

$\frac{1}{4}$ cup pineapple juice
 $\frac{1}{4}$ cup orange juice
 $\frac{1}{4}$ cup lemon juice
2 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup whipping cream

Combine the fruit juice and heat in a double boiler. Beat the eggs until light, gradually adding the sugar. Pour the hot juices over the egg mixture, return to double boiler and cook, stirring constantly until mixture coats a spoon. Remove from heat, place in a dish of cold water and beat until cold. Fold in the stiffly whipped cream.—Mrs. Carruthers.

FRUIT SALAD

Peeled bananas dipped in lemon or pineapple juice, rolled in chopped nuts (peanuts). Serve with pineapple juice dressing.—Mrs. A. A. Campbell.

CALIFORNIA CREAM (DESSERT)

2 tbsp. gelatin
1 cup cold milk
3 cups hot milk
 $\frac{1}{2}$ cup sugar
2 eggs beaten separately
1 tsp. vanilla

Soak gelatine in cold milk and dissolve in hot milk. Add 2 tbsp. water to yolks of eggs and beat until the sugar is well beaten in. Stir into hot milk and let cook for five minutes in double boiler. Remove from fire when cool pour slowly over the stiffly beaten whites of eggs to which has been added 5 tbsp. powdered sugar. Beat together, add flavoring, mold and chill.—Mrs. J. Smith.

BRAZILLIAN SALAD

$\frac{1}{2}$ can pineapple
2 large apples
Little celery or celery salt
 $\frac{1}{2}$ cup nut meats
Mix with the oil. Salad dressing is best or either, and serve with lettuce.
—Mrs. M. McPhail.

JELLIED FRUIT SALAD

3 tbsp. gelatine
1 cup cold water
 $2\frac{3}{4}$ cups boiling fruit juice and water
5 tbsp. sugar
Fruit cut fine:
1 cup peaches
1 cup pears
1 cup pineapple

Soak gelatine in cold water, add fruit juice and water (at boiling

point), add sugar. When liquid has cooled add other ingredients. Makes 14 servings.—Mrs. M. McPhail.

APPLE SALAD WITH CRANBERRIES

1 cup raw apples, cut small
2 oz. grapes (when you can get them)
Juice of $\frac{1}{2}$ orange and $\frac{1}{2}$ lemon.
2 oz. nuts meats
Serve on lettuce.

—Mrs. M. McPhail.

FRUIT SALAD (Serves 10 people.)

6 bananas
3 apples
1 box dates
1 can sliced pineapple

Stone dates and cut fruit in pieces, then mix in salad dressing. Serve on lettuce leaf and cover with whipped cream to which has been added 2 dessert spoons of icing sugar and 1 dessert spoon of salad dressing. A candied cherry or a sprinkle of chopped nuts may be added to the top.

—Mrs. J. C. McDonald.

SUPPER FRUIT SALAD

Equal parts of diced apple, celery, seeded grapes and a few chopped nuts with whipped cream. Mayonnaise to moisten. Serve on lettuce.

—Mrs. A. A. Campbell.

TWENTY-FOUR HOUR SALAD

- 1 qt. white cherries
- 1 large can sliced pineapple, cut in pieces
- 1 lb. marshmallows
- 1 pt. whipped cream or a little more if necessary

Twenty-four Hour Dressing

- Juice from pineapple
- Juice from lemon
- Yolk of 3 eggs
- $\frac{1}{4}$ cup sugar

Cook in double boiler, cool, mix with fruit and whipped cream. Let stand for 24 hours.

—Mrs. Art Hanson.

PEAR SALAD

Peel and core ripe pears and set in cold place. Make a dressing of 3 eggs, beaten very light.

- 1 tsp. sugar
- 1 tsp. salt
- $\frac{1}{4}$ tsp. white vinegar

Beat hard and add the juice of two lemons, pour over pears and let stand in cold place three or four hours.

—Nettie K. Wallace.

WALDORF SALAD IN ASPIC

- $1\frac{1}{2}$ cups chopped celery
- $1\frac{1}{2}$ cups chopped apple
- $\frac{1}{4}$ cup chopped walnuts
- 1 pkg. lemon jelly powder
- Juice of 1 small lemon

Set jelly aside to cool. While cooling chop up the celery, apple and nuts and when the jelly is cooled,

pour it over the chopped mixture in a salad bowl. Set aside to stiffen. Serve with mayonnaise dressing.

—Mrs. G. H. Ruttan.

FRUIT SALAD

Cut orange, banana and pineapple into small pieces and arrange on crisp lettuce leaf. Cover with fruit salad dressing.

Dressing for Salad

- Juice of 2 oranges
- Juice of 2 lemons
- 2 eggs
- 1 cup sugar

Cook until thick. When cold place in refrigerator. Add whipped cream when ready to use.

—Mrs. Geo. Smylie.

COMBINATION SALAD

- 6 tomatoes
- 1 small cucumber, cut in cubes
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{4}$ cup ham, (minced fine)
- Salad dressing to moisten
- $\frac{3}{4}$ cup cream cheese
- Pepper and salt to taste

Cut tomatoes in half cross-wise, arrange each piece on a lettuce leaf. Mix cucumber, ham, nuts and cheese with salad dressing. Then put a spoonful on each piece of tomato. Top off with a piece of cheese rolled in nuts.—Mrs. Ernest Godson.

FRUIT SALAD DRESSING

Juice of 1 lemon
 $\frac{1}{2}$ cup pineapple juice
 $\frac{1}{2}$ cup sugar
2 eggs
 $1\frac{1}{2}$ tbsp. flour

Beat eggs, add liquid, mix dry ingredients and add. Cook slowly in double boiler until thick. Stir constantly while cooking. Real nice for fruit salad.—Mrs. Chas. Hennings.

BANANA WHIP

6 ripe bananas
1 tbsp. lemon juice
2 tbsp. sugar
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ cup whipping cream
Maraschino cherries

Crush bananas through strainer, add sugar, lemon juice and walnuts, whip cream very stiff and fold in fruits and nuts. Serve cold in sherbet cups with cherries on top.

—Mrs. M. McPhail.

DREAMLAND SALAD

1 lb. shelled walnuts
1 large can pineapple
1 lb. marshmallows
1 large can white cherries

Cut marshmallows in halves, drain and cut the pineapple into small pieces. Drain and seed cherries. Mix fruit with nut meats and serve with Dressing of the Fairies. This salad may be made a day before serving.

DRESSING OF THE FAIRIES

1 tbsp. flour
1 cup milk
1 egg
1 lemon
1 tsp. ground mustard
 $\frac{1}{4}$ tsp. salt
2 cups heavy cream

Mix flour, mustard, salt and dissolve in a little of the milk. Add rest of the milk. Stir in the egg and cook in a double boiler until thick; cool and add the whipped cream and juice of lemon.—Mrs. Gordon Armstrong.

VITAMIN SALAD

1 pkg. lemon jelly powder
1 cup boiling water
 $\frac{1}{2}$ cup mild vinegar
 $1\frac{1}{4}$ cups grated raw carrot
 $\frac{1}{2}$ cup chopped celery
3 tbsp. minced onion
2 tbsp. green peppers
 $\frac{1}{4}$ tsp. salt, few grains of pepper and a sprinkling of paprika

Method:

Thoroughly dissolve the jelly powder in the boiling water. When cool add the vinegar, salt, pepper and paprika. Stir and set aside until jelly begins to thicken, then add the balance of the ingredients. Mix well and pour into individual molds, when firm unmold on crisp lettuce and serve garnished with gherkins thinly sliced and arranged in a pan like pattern.

—Mrs. Archie Emory.

BEET SALAD

Dice cooked beets
Raw celery
Raw apples and onion
Cold boiled potatoes
Walnuts

Mix well with a boiled salad dressing and let stand an hour or more before serving. Garnish with cold boiled eggs or parsley.

—Mrs. N. McKay.

ASPARAGUS SALAD

Tomato and Cream Dressing

Arrange cold cooked asparagus tips on salad plate and pour on them the Tomato and Cream Dressing.

Tomato and Cream Dressing:

$\frac{1}{2}$ cup whipping cream
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ cup tomato ketchup

Whip cream, beat in ketchup, mayonnaise and salt.—Mrs. Carruthers.

CHICKEN CREAM SALAD

$\frac{1}{4}$ box granulated gelatine
 $\frac{3}{4}$ cup chicken stock (hot)
1 cup cold diced chicken
1 cup whipped cream
Salt, pepper
 $\frac{1}{4}$ cup cold chicken stock

Soak gelatine in cold chicken stock, dissolve in hot stock, strain. When mixture begins to thicken, beat with egg beater until fluffy. Add cream whipped, then chicken, seasonings, and put in mold. Serve with mayonnaise (cold).—Mrs. Carruthers.

MEXICAN SALAD

1 cup cucumbers or cabbage
1 cup tomatoes, canned will do, the whole part
1 cup celery
 $\frac{1}{2}$ cup parsley, chopped fine

Slice all vegetables, mix with sour cream salad dressing. Serve on lettuce.—Mrs. M. McPhail.

SHRIMP SALAD

2 tbsp. granulated gelatine
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup mild vinegar
2 tbsp. lemon juice
2 cups boiling water
 $\frac{1}{8}$ cup sugar
1 tsp. salt
1 cup canned shrimp, cut in pieces
 $\frac{3}{4}$ cup celery, cut
 $\frac{1}{4}$ cup peas, or
2 tbsp. green peppers

Soak gelatine in cold water 5 minutes, add vinegar, lemon juice and boiling water, add sugar and salt. When mixture begins to stiffen add remaining ingredients.

—Mrs. A. A. Campbell.

BEAN SALAD

Take green beans, pack in crock. Cover with brine that will float an egg. Cover and put weight on. When required for use freshen and cook till tender; and cool. Add a little minced onion, mustard, sugar, cream and vinegar, to suit the taste.

—Mrs. Joe Coates.

HOT SLAW OR CABBAGE SALAD

2 egg yolks
2 tbsp. sugar
Butter half the size of an egg
1 cup vinegar, weakened if too strong
 $\frac{1}{2}$ cup heavy sour cream

Mix sugar with 2 (level) tbsp. flour, beat well with egg yolks, add butter, cream and vinegar, and boil until thickens, stirring all the time. Pour over cabbage that has been shredded and salted to suit taste. Cover and serve while hot.

—Nettie K. Wallace.

HILLSIDE SALAD

$\frac{1}{2}$ cup stuffed olives
1 small onion
1 No. 2 can small size peas
French dressing
Mayonnaise

Chop olives and onions very fine. Combine with peas. Marinate with French dressing and let stand for 1 hour. Arrange on lettuce and serve with mayonnaise. I have used boiled salad dressing.

—Mrs. W. J. Hartnett.

BEET SALAD

Dice cooked beets
Raw celery
4 apples and onions
Cold boiled potatoes
Walnuts

Mix well with a boiled salad dressing and let stand an hour or more before serving. Garnish with cold boiled eggs or parsley.

—Mrs. N. McKay.

CHICKEN SALAD

Cut cold boiled or roast fowl in $\frac{1}{2}$ inch cubes

$1\frac{1}{2}$ cups celery, cut fine

Moisten with cream dressing, put in mold and decorate with small slices of pickle and celery.

Cream Dressing:

1 tsp. mustard

1 tsp. salt

2 tsp. flour

$1\frac{1}{2}$ tsp. powdered sugar

A few grains cayenne pepper

1 tsp. butter

Yolk of 1 egg

$\frac{1}{8}$ cup vinegar

$\frac{1}{2}$ cup sweet or sour cream

Cook until thick in double boiler.

—Nettie K. Wallace.

CHINESE SALAD

2 heads lettuce, shredded

$\frac{1}{2}$ doz. oranges

$\frac{1}{2}$ doz. tomatoes (canned will do) not juice

1 can pineapple

Serve on lettuce with either dressing.—Mrs. M. McPhail.

CARROT SALAD

2 cups grated carrots

2 hard cooked eggs, chopped

$\frac{1}{2}$ cup chopped celery

$\frac{1}{4}$ cup chopped walnuts

Mix carrots, celery, eggs and walnuts with salad dressing and serve on crisp lettuce leaves.

—Mrs. Carruthers.

CABBAGE AND CELERY SALAD

1 pkg. lemon jello
Add:
1 pint boiling water
1 lemon juice

Let get real cool and just before it starts to thicken beat with dover egg beater. Keep cool while beating as it thickens more quickly. Have chopped about 1 cup celery, 1 cup apples or cabbage; put these in mould, then pour on whipped jello. When cold slice and serve with whipped cream, with a little salad dressing in it.

—Mrs. M. McPhail.

SALAD DRESSING

1 tsp. salt
2 tsp. mustard
Dash ceyenne
3 tbs. flour
3 tbs. sugar
1 tbs. butter
2 eggs
 $\frac{1}{2}$ cup vinegar
1 cup hot water

Mix dry ingredients, add eggs and beat. Add boiling water and vinegar and butter. Boil until thick, stirring constantly. This will keep a year. When using thin with cream.

—Mrs. H. J. Brett.

BOILED SALAD DRESSING

3 eggs
1 cup cream or milk
1 large tsp. mustard (made)
 $\frac{1}{2}$ cup vinegar
3 tbs. white sugar

Do not add vinegar until other ingredients are cooked to the consistency of thick cream. Put salt and pepper on the salad.

—Mrs. R. J. Harris.

SALAD DRESSING

$\frac{3}{4}$ cup white sugar
2 tbs. flour
1 tsp. salt
 $\frac{1}{2}$ tsp. mustard
2 eggs
 $\frac{1}{8}$ cup vinegar
2 cups sour cream

Mix all together; bring to a boil.

—Mrs. Lyman Campbell.

SALAD DRESSING

1 egg, well beaten
1 tsp. salt
1 tbs. butter, melted
1 tbs. white sugar
1 dessertspoon mustard
2 tbs. vinegar

Beat all together, add cup of either sweet or sour cream. Cook in double boiler until smooth.

—Mrs. J. V. Stinson.

SALAD DRESSING

1 egg
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{2}$ cup sugar
1 tsp. cornstarch
2 tsp. flour
1 tsp. mustard
Pinch of salt.

—Mrs. Wes Beatty.

SALAD DRESSING

1 egg
2 tbsp. sugar
2 tbsp. vinegar
1tsp. prepared mustard
1 cup sour cream
Salt

Beat egg lightly, add sugar. Beat together, add mustard and vinegar. Beat cream till thick and add to the other.—Mrs. S. G. Erickson.

SALAD DRESSING

1 egg
 $\frac{1}{2}$ tsp. salt
1 dessertspoon mustard
2 dessertspoons flour
3 dessertspoons sugar
 $\frac{1}{2}$ cup vinegar
1 cup milk

Cook in double boiler. When cold stir in $\frac{1}{2}$ cup or more of whipped cream.—Mrs. R. Gilliland.

SALAD DRESSING

Butter size of an egg
2 tbsp. brown sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. Keen's mustard
5 tbsp. white vinegar
1 cup sour cream
Yolks of 3 eggs

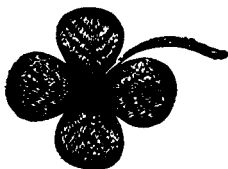
Mix all together. Cook until thick, keeping well stirred.

—Mrs. L. T. R. Smith.

SALAD DRESSING

1 lemon juice
1 orange juice
3 tbsp. water
1 tbsp. corn starch
2 tbsp. sugar
1 well beaten egg

Boil in double boiler. When cool, fold in $\frac{1}{2}$ cup of cream that has been whipped.—Mrs. Chas. Hennings.



BREADS, BISCUITS, ETC.

GENTLEWOMAN JINGLES

The little yeast is full of life
Considering his size,
For when we knead him in our bread
He never fails to rise.

—J. B.

WHOLE WHEAT BREAD

1 yeast cake that has been soaked in
2 qts. lukewarm water
Add sufficient ordinary white flour
to make a sponge

In the morning add 1 tbsp. shortening, 1 tbsp. salt and make a dough with a mixture of 6 cups whole wheat flour and 1 cup of whole wheat meal of the coarseness of cream of wheat. This renders the dough less sticky than the whole wheat by itself. If the meal is not obtainable use bran instead.—Mrs. E. D. McAvoy.

ORANGE BREAD

Put in small pieces peel of two oranges. Cover with cold water and boil till it is tender. Add scant cup of white sugar. Let boil slowly till thick. Put away to cool.

Beat 1 egg
1 cup white sugar

1 cup milk
1 tsp. salt
2 cups flour
2 tsp. baking powder

Add orange peel mixture and let rise fifteen minutes before baking.

—Mrs. Jas. Paxton.

SCOTCH SHORTBREAD

1 lb. flour
 $\frac{3}{4}$ lb. butter
6 ozs. sugar

Beat butter and sugar to a cream, add flour and mix well. Roll out into a cake half an inch thick, cut into shapes and prick with a fork. Bake in a slow oven, increase heat after first hour till it becomes a light brown, then decrease the heat.

—Mrs. D. Clark.

SHORTBREAD

- $\frac{1}{2}$ lb. butter
- 1 lb. flour
- $\frac{1}{4}$ lb. sugar

Beat butter and sugar to a cream, gradually work in the flour. Roll on a floured board, to the thickness of a quarter of an inch. Cut in fancy shapes. Bake in shallow tins, in a moderately hot oven.

—Leona Lundquist.

TEA BISCUITS

- 4 cups flour
- 2 heaping tsp. baking powder
- 1 tsp. salt
- 2 tbsp. butter and lard
- Enough sweet milk to knead

Sift flour and baking powder and salt together. Work in the butter and lard like pie crust. Add enough milk to knead. Bake in hot oven.

—Mrs. Byers.

ANGEL FOOD BISCUITS

- 1 qt. sifted flour
- A piece of lard size of an egg
- 1 tsp. soda
- 2 tsp. cream of tartar
- 1 tsp. salt

Rub the shortening in the flour. Sift the flour, salt, soda, cream of tartar, four times. Add enough buttermilk to make a soft dough. Put on a bread board and pat and cut and bake in a hot oven, but do not roll.

—Mrs. James Kyle.

NUT AND RAISIN BREAD

- 1 cup graham flour
- 1 cup bread flour
- 1 cup whole wheat
- 1 cup evaporated milk or water
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ cup seeded raisins
- $\frac{3}{4}$ cup chopped nuts
- $1\frac{1}{2}$ tsp. salt
- 4 tsp. baking powder
- 1 egg
- 2 tbsp. shortening

Mix and sift flour, salt, sugar and baking powder. Add remaining ingredients and beat well. Put in tins let stand for 30 minutes and bake in moderate oven for 45 minutes.

—Mrs. Paul Radloff.

SHORTBREAD

- 1 cup castor sugar
- 2 cups butter
- 4 cups flour
- 2 tbsp. rice flour

Work together with hands. Cook in medium oven.

—Mrs. C. R. Woolard.

BREAKFAST PUFFS

- 1 egg
- 1 cup sweet milk
- 2 tbsp. melted butter
- 1 tsp. soda
- 2 tsp. cream of tartar
- Flour to make a drop batter.

—Mrs. E. McLean.

BAKING POWDER BISCUITS

2 cups Five Roses flour
4 tsp. baking powder
1 tsp. salt
1 cup milk and water (half of each)
1 tbsp. butter
1 tbsp. lard
Currants may be added

Sift the flour, salt and baking powder twice together. Cream butter and lard and add to dry ingredients, using the tips of your fingers. Then add liquid, mixing with a knife until you have a very soft dough. Place on your mixing board, but do not knead. Roll out lightly until $\frac{3}{4}$ inch thick. Cut and bake in a hot oven for 15 minutes.—Mrs. E. McLean.

QUICK BROWN BREAD

1 egg
1 cup brown sugar
2 cups buttermilk (or sour milk)
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt (small)
Graham flour

Mix stiff like Johnnie cake with graham flour and bake like ordinary bread.—Mrs. E. McLean.

SHORTBREAD

3 cups flour
 $\frac{3}{4}$ cups brown sugar
1 cup crisco with lump of butter on top to heap it.

Mix with hands until creamy and bake in a slow oven.

—Mrs. James Anderson.

NUT BREAD

2 eggs
1 cup white sugar
2 cups milk
2 tbsp. melted butter
4 cups flour with 5 tsp. baking powder mixed through
Pinch of salt
1 cup crushed nuts

Mix and let stand twenty minutes. Bake in moderate oven 1 hour.

—Mrs. J. C. McDonald.

RAISIN PUFFS

Cream 2 tbsp. butter with $\frac{1}{4}$ cup sugar

Add:

1 egg
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup raisins (chopped)
1 cup flour
1 teaspoon baking powder

Put in cups and steam 40 minutes.

Sauce for Raisin Puffs:

2 tbsp. butter
 $\frac{1}{2}$ cup sugar
1 tbsp. corn starch

Mix well, add 1 cup boiling water, lemon extract and cook until thick. Beat white of egg for the top.

—Mrs. Geo. Hill.

NUT BREAD

$\frac{3}{4}$ cup sugar
3 cups flour
1 cup chopped walnuts or dates
Pinch of salt
3 tsp. baking powder.

Mix with sweet milk.

—Mrs. H. I. Brett.

FRUIT BISCUITS

4 cups flour
 $\frac{3}{4}$ cup shortening
1 cup sugar
1 cup buttermilk
 $1\frac{1}{2}$ cups raisins
1 tsp. soda
Nutmeg to flavor.

—Miss Joyce.

CREAM BISCUITS

4 cups flour
1 tsp. salt
4 heaping tsp. baking powder
2 eggs
1 cup sugar.

Thin sweet cream to moisten. Mix soft. Bake quickly.

—Mrs. M. S. Mooney.

DATE LOAF

1 cup brown sugar
1 tbsp. melted butter
1 lb. dates (stoned)
1 small cup walnuts.
Pour over this 1 cup boiling water.
2 eggs
Salt
2 cups flour
1 tsp. baking soda
 $\frac{1}{2}$ tsp. cream of tartar.

—Mrs. R. E. Glendenning.

DATE LOAF

1 cup brown sugar
Butter size of egg
1 egg
1 lb. dates
1 cup walnuts
1 tsp. soda
1 cup sour milk
1 cup white flour
 $1\frac{1}{2}$ cups graham flour.

Bake in moderate oven about an hour. Less dates and nuts may be used.—Mrs. J. Furman.

FRUIT BREAD

2 cups graham flour
1 cup white flour
 $\frac{1}{2}$ tsp. salt
1 tbsp. sugar
 $\frac{3}{4}$ cup raisins
 $\frac{1}{4}$ cup dates
 $\frac{1}{2}$ cup walnut meats
2 tbsp. molasses
1 tsp. soda
 $1\frac{1}{2}$ cups sour milk.

Sift the flour, salt and soda together and add the sugar, molasses and milk. Stir in the lightly floured raisins, chopped dates and nuts. Bake 45 minutes in a moderate oven. Serve cold.—Mrs. B. Hegre.

WHOLE WHEAT BREAD

1 cup white flour
1 cup graham flour
1 cup sugar
1 cup raisins
 $1\frac{1}{2}$ cups nuts
2 eggs
Butter size of egg
1 tsp. soda dissolved in 1 cup sour milk
 $\frac{1}{2}$ tsp. salt

—Mrs. Jos. Byers.

THREE DAY ROLLS

1 yeast cake
2 cups cold water
 $\frac{1}{2}$ cup lard
1 cup sugar
Salt
Flour.

Soak yeast cake at noon in $\frac{1}{2}$ cup warm water. When soaked add enough flour to make a light batter. At night add the 2 cups of cold water, $\frac{1}{2}$ cup lard and 1 cup sugar to the yeast batter and enough flour to make a good sponge. In the morning add a little salt and mix stiff as bread. Let rise in a cool place, knead down at noon and again at 3.30. At bed time shape into little round buns and set quite far apart. In the morning brush over with milk or grease and bake.—Mrs. H. G. Wright.

GRAHAM MUFFINS

1 tbsp. butter
1 cup brown sugar
1 egg
 $\frac{3}{4}$ cup sour milk
 $\frac{1}{2}$ cup graham flour
 $\frac{1}{8}$ cup white flour.

Drop in patty tins.

—Miss Gertrude Davison.

BREAD

Take potato water at dinner time, pour over a small cup of flour, let stand until cool. Add enough water to potato water to make one gallon. Add 1 cup sugar and $1\frac{1}{2}$ yeast cakes

which have been soaked in a little warm water. Keep in warm place, let stand until next morning. Warm until luke warm. Add flour and salt to mix stiff. Let rise, knead down. Next time it rises it is ready for the pans. Chill does not hurt liquid, but do not let freeze.—Mrs. R. A. Noe.

PARKER HOUSE ROLLS

2 cups flour
2 tsp. baking powder
2 tsp. sugar
 $\frac{1}{2}$ tsp. salt
2 tbsps. butter
1 cup milk.

Mix all together. Roll to $\frac{1}{8}$ inch thickness. Cut with a round or oval cutter and crease in the centre with the handle of a knife dipped in flour. Brush $\frac{1}{2}$ with melted butter and fold over. Bake in quick oven.

—Marjorie E. Joyce.

RUSSIAN BREAD

1 cup buttermilk
 $\frac{1}{2}$ cup sour cream
 $\frac{3}{4}$ cup brown sugar
1 cup raisins
 $\frac{1}{2}$ cup Roman meal
 $\frac{1}{2}$ cup graham flour
1 cup white flour
1 tsp. baking powder
1 tsp. salt.

Mix and bake in three baking powder cans with lids on, 1 hour.

—Mrs. Joe Coates.

DATE BREAD

1 cup dates, cut up
1 tsp. soda
 $\frac{3}{4}$ cup boiling water
 $\frac{1}{2}$ cup white sugar
1 tbsp. shortening
1 tbsp. vanilla
1 egg
 $\frac{1}{2}$ cup walnuts
 $1\frac{3}{4}$ cups flour.

Put dates in a dish, add soda and boiling water, let stand while preparing the rest.—Mrs. John Scott.

GRANDMA'S RAISIN BREAD

Soak $\frac{1}{2}$ yeast cake in 1 pint warm potato water, add enough flour to make a soft sponge. Set in a warm place to rise over night. In the morning add 1 cup of new milk, 3 eggs, well beaten, a saucer full of sugar, $\frac{1}{8}$ lb. butter, 1 dessertspoon of salt, $2\frac{1}{2}$ cups well washed seedless raisins. Add flour to make a dough, let rise, knead down, let rise again, make into loaves. Let rise till double in bulk. Bake in a moderate oven for nearly an hour.—Mrs. R. J. Harris.

NUT BREAD

1 egg
 $\frac{3}{8}$ cup sugar
 $1\frac{1}{2}$ cups milk
1 cup raisins (chopped)
1 cup walnut meats (chopped)
3 tsp. baking powder
1 tsp. salt
3 cups flour.

Cream together the egg and sugar. Flour well the raisins and nuts, sift together the flour, salt and baking powder. Add alternately the milk and flour to the egg and sugar mixture. Fold in the raisins and nuts at the last. Put in pans and let rise 20 minutes, then bake in a fairly moderate oven until done.

—Mrs. J. V. Stinson.

BRAN MUFFINS

$1\frac{1}{2}$ cups health bran
1 cup flour
2 tsp. baking powder
 $\frac{1}{2}$ cup brown sugar
1 tbsp. butter
1 cup sweet milk
1 egg.

Mix dry ingredients thoroughly, then all well beaten egg and milk. Stir and drop into muffin tins.

—Mrs. J. V. Stinson.

COCOANUT SHORT BREAD

2 cups flour
1 cup butter
 $\frac{3}{4}$ cup brown sugar.
Mix thoroughly and pat into a pan and bake till brown.
1 cup brown sugar
1 cup cocoanut
2 eggs.

Spread on the shortbread and return to oven and bake till brown.

—Mrs. D. Campbell.

NUT LOAF

2 eggs
1 cup sugar
2 cups sweet milk
1 cup chopped walnut meats
4 level tsp. baking powder
Pinch salt
4 cups flour.

Bake $\frac{3}{4}$ of an hour in slow oven.
—Mrs. Herman Zacher.

CONSERVES

$\frac{1}{4}$ lb. dessicated cocoanut
 $\frac{1}{4}$ lb. granulated sugar
2 ozs. butter, melted
2 eggs, well beaten

Mix, put jam in pastry shells, then the mixture and bake 20 minutes in quick oven—Mrs. H. E. Coveney.

BUNS

3 cups potato water
1 cup sugar
1 yeast cake
Salt
 $\frac{1}{2}$ cup lard.

Knead stiff in the morning. Bake next morning.—Mrs. Wm. Thompson.

DREAM BISCUITS

4 cups flour
1 tsp. salt
4 heaping tsp. baking powder
2 eggs
1 cup sugar and cream to moisten (sweet).

Mix soft and bake quickly.
—Mrs. A. A. Campbell.

NUT LOAF

1 cup sugar
1 egg
Flavoring
1 cup sweet milk
2 heaping tsp. baking powder
 $\frac{1}{2}$ lb. nuts
Flour to thicken.

Raisins may be added if desired. Let rise half an hour, then bake in a moderate oven. —Harriet Mooney.

JOHNNY CAKE

2 cups corn meal
1 cup flour
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup butter or lard
A pinch of salt
1 tsp. soda
2 cups sour milk or buttermilk.

Bake from 20 to 30 minutes.

—Mrs. Geo. Smylie.

DATE LOAF

1 cup brown sugar
1 egg
1 tbsp. butter
1 tsp. vanilla
1 cup chopped dates
1 cup chopped walnuts
 $1\frac{3}{4}$ cups flour
1 tsp. soda
1 cup boiling water.

Bake in moderate oven for 1 hour. Do not substitute raisins for dates.

—Mrs. George Murray.

NUT BREAD

2 cups flour
 $\frac{1}{2}$ cup sugar
1 tsp. salt
4 (level) tsp. baking powder, sifted
together
3 tbsp. butter
1 tbsp. lard
1 egg
1 egg yolk
1 cup milk
 $\frac{1}{2}$ cup English walnuts, chopped.

—Nettie K. Wallace.

BOSTON BROWN BREAD

$\frac{1}{2}$ cup sugar
1 cup sour cream
1 cup sour milk or buttermilk
 $\frac{1}{2}$ cup molasses

1 cup raisins or dates
 $\frac{1}{2}$ cup walnuts
2 cups graham flour
2 tsp. soda
1 cup white flour.

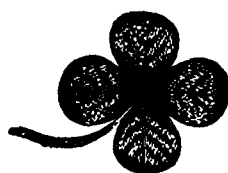
Mix, pour in pans and let stand $\frac{1}{2}$ hour. Bake for 50 minutes to 1 hour.

—Mrs. R. G. Murie.

WAFFLES

Yolks of 3 eggs
1 quart sour milk
 $\frac{1}{2}$ cup melted butter
1 tsp. soda
Pinch of salt.

Add the whites of eggs beaten stiff and flour enough to make a fairly stiff batter.—Mrs. Redvers Coates.



DOUGHNUTS

DOUGHNUTS

One cup of sugar, one cup of milk,
Two eggs beaten fine as silk,
Salt and nutmeg (lemon will do),
Of baking powder teaspoons two,
Lightly stir the flour in,
Roll on pie board, not too thin.
Cut in diamonds, twists or rings,
Drop with care the doughy things.
Into fat that briskly swells
Evenly the spongy cells.
Watch with care the time for turning
Fry them brown just short of burn-
ing;
Roll in sugar, serve when cool,
Price: a quarter for this rule.
—Mrs. C. Hennings.

DOUGHNUTS

Materials:
1 cup sugar
2½ tbs. butter
4 eggs
4 level) tsp. baking powder
¼ tsp. cassia
¼ tsp. nutmeg
1 cup milk
3 cups (more or less) flour.
Preparation:
Cream butter and sugar. Add eggs
that have been well beaten. Add
baking powder to milk and last, flour
and spices.—Nettie K. Wallace.

PUFF BALL DOUGHNUTS

1 egg
2 heaping tsp. baking powder
½ cup sugar
½ pint sweet milk
Lemon or nutmeg flavoring
Salt
Enough flour to permit the spoon to
stand upright in the mixture.
Beat all very lightly. Drop by tea-
spoon in hot lard.—Mrs. Ed. Cosford.

POTATO DOUGHNUTS

2 cups hot mashed potatoes
1 cup sweet milk
Butter size of a large egg
1 heaping tsp. nutmeg
1½ cups sugar
3 tsp. baking powder
Flour to stiffen.
Fry in hot lard.

DOUGHNUTS

1 cup sugar
2 eggs
2 tbs. melted butter
¾ cup milk
2 tsp. baking powder.
Flavor with spice or lemon. Flour
to roll.—Mrs. E. McLean.

DOUGHNUTS

1 cup brown sugar
Butter size of walnut
2 eggs
 $\frac{1}{2}$ tsp. salt
1 tsp. grated nutmeg
1 cup milk
2 tsp. baking powder
Flour enough to make thick batter.

Roll and twist in rings. Fry in hot lard.—Mrs. Gus Sauter.

DOUGHNUTS

1 large cup white sugar
2 eggs
 $\frac{1}{2}$ cup cream (not too rich)
1 cup milk
4 cups flour
4 level tsp. baking powder
 $\frac{1}{4}$ tsp. nutmeg

$\frac{1}{2}$ tsp. salt.

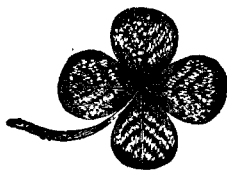
Sift baking power, salt and flour together four times. Roll quite thin and cut, and bake in hot grease.

—Mrs. A. C. Harris.

DOUGHNUTS WITHOUT EGGS

3 cups flour
1 cup sugar
 $\frac{1}{2}$ cup cream
 $\frac{1}{2}$ cup milk
1 tsp. cream of tartar
 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ tsp. salt.

Sift the cream of tartar, soda and salt with the flour. Dissolve the sugar with the cream and milk. Add nutmeg and pour into the flour, forming all into a dough. Roll out, cut and fry.—Mrs. E. McLean.



COOKIES

OATMEAL MACAROONS

$\frac{1}{2}$ cup butter
1 cup sugar
1 cup oatmeal
1 cup cocoanut
1 cup raisins
10 large tbsp. sour milk
2 cups flour
1 scant tsp. soda.

Mix dry ingredients first, add milk, mix in flour and soda.

—Mrs. G. Cosford (Jr.)

HEALTH DROP COOKIES

1 cup butter
1 cup brown sugar
1 cup white sugar
2 cups rolled oats
4 cups flour
1 cup nut meats
 $1\frac{1}{2}$ cups boiled raisins
 $\frac{3}{4}$ cup raisin juice
1 tsp. cinnamon and cloves
2 tsp. soda
3 eggs beaten, add lastly.

Drop teaspoonful on buttered tins about $1\frac{1}{2}$ inches apart. Bake in slow oven.—Mrs. W. D. Hair.

CREAM PUFFS

$\frac{1}{2}$ cup butter
1 cup water.

Let come to boil, then add $1\frac{1}{4}$ cups flour and stir till smooth. Then take off stove and beat in 4 eggs, one at a time. Put in pans and bake in a moderate oven 30 minutes. Do not look in oven while baking as that makes them fall.

—Mrs. Chas. Hennings.

COCOANUT MACAROONS

Beat whites of 2 eggs stiff. Add $\frac{1}{2}$ cup sugar, 2 tsp. corn starch. Cook in double boiler until firm. Cool. Then add heaped cup of cocoanut. Drop mixture on tin with spoon. Line tin with buttered paper. Medium oven.—Mrs. C. R. Woolard.

BUTTER TARTS

1 egg
1 cup brown sugar
1 cup currants
Butter the size of a walnut
Flavour to taste.

Beat all until full of bubbles. Drop from teaspoon into lined patty tin and bake in quick oven. One cup dates may be added if desired.

—Harriet Mooney.

DROP CAKES

4 eggs
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups dates (chopped)
1 cup walnuts
2 cups oats
 $\frac{1}{2}$ cup flour
1 tsp. soda
Spices to taste.

Mix soda with flour, oats and spices.—Mrs. C. R. Woolard.

ALMOND COOKIES

1 cup brown sugar
1 cup white sugar
1 cup melted butter and lard
3 eggs, well beaten
 $4\frac{1}{2}$ cups flour
1 tsp. baking powder
1 tsp. soda
 $\frac{1}{4}$ lb. almonds, cut fine
1 tsp. almond extract.

Form in long loaf. Set in cold place over night. Slice with sharp knife and bake.—Mrs. Adam Harris.

ICE BOX COOKIES

1 cup white sugar
1 cup brown sugar
3 eggs
1 cup melted butter
1 tsp. baking powder
1 tbsp. cinnamon
 $3\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup nuts or currants may be added.
Roll and cut into cookies.

—Mrs. G. Cosford (Jr.).

PARADISE COOKIES

2 eggs (well beaten)
 $\frac{1}{2}$ cup white sugar
3 heaping tbsp. flour
1 level tsp. baking powder
1 cup chopped walnuts
1 cup chopped dates
 $\frac{1}{2}$ tsp. vanilla.

Spread on cake pan. Bake in very slow oven. Cut in squares while warm.—Mrs. Joe Coates.

SPICE COOKIES

$\frac{1}{2}$ lb. butter
1 cup brown sugar
1 cup white sugar
3 eggs (beaten)
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. soda
1 cup chopped almonds (unblanched)
1 tsp. vanilla
Flour to roll

Let stand over night.

—Mrs. George Murray.

RAISIN COOKIES

$1\frac{1}{2}$ cups sugar
1 cup butter
3 eggs
 $1\frac{1}{2}$ cups chopped raisins
1 tsp. cassia
1 tsp. allspice
 $\frac{1}{2}$ tsp. nutmeg
2 tsp. baking powder
Sufficient flour to roll.

Bake in fairly hot oven.

—Mrs. Harold Rimhart.

COCOANUT MACAROONS

3 egg whites (beaten stiff)
1 cup sugar.

Stir in the steam over a dish or double boiler until the crust begins to form on sides and bottom of dish (about 20 minutes). Remove from fire and add:

1 tsp. cornstarch
2½ cups cocoanut (more if cocoanut is fine)
2 tsp. vanilla.

Bake in real hot oven.

—Mrs. H. G. Wright.

1 egg

Grated rind of ½ lemon (lemon flavor will do).

Add sugar and salt to the milk. When lukewarm add the dissolved yeast and add 1½ cups flour. Cover and let rise. When light add the well beaten egg, lemon rind and butter, then enough flour to knead. Let rise thick, cut into strips ½ inch wide and 9 inches long. Tie each strip into a knot. Place in pans and let rise again. Roll out in a sheet ½ inch again until light. Then bake in a hot oven from 15 to 18 minutes.

—Mrs. P. Mervold.

TARTY COOKIES

1 cup butter
1 cup granulated sugar
½ cup golden syrup
2 eggs
1 tsp. ginger
1 tsp. vanilla
2 tsp. soda dissolved in 3 tbsp. boiling water
Flour to make a soft dough.

Put together after cooked with jam or jelly and put icing on top.

—Mrs. E. D. McAvoy.

CORN FLAKE MACAROONS

1 cup sugar
4 cups cornflakes
1 cup walnuts
1 cup cocoanut
1 tsp. vanilla.

Fold in the whites of 4 eggs that have been beaten stiff. Drop on buttered pan.—Mrs. A. C. Harris.

GINGER COOKIES

1 cup each sugar, molasses
Butter or lard
1 egg
2 tbsp. ginger
1 tbsp. vinegar
1 tsp. soda (previously dissolved in a little hot water).

Mix well.—Mrs. Gus Souter.

LOVERS' KNOTS

1 cup scalded milk
2 tbsp. sugar
½ tsp. salt
½ cake yeast, dissolved in 4 tbsp. of lukewarm water
2 tbsp. butter

FROSTED CREAM

1 cup sugar
2 egg yolks
 $\frac{3}{4}$ cup molasses
 $\frac{1}{2}$ cup melted butter
1 tbsp. vinegar
 $\frac{1}{2}$ cup buttermilk
1 tsp. soda
1 tsp. ginger
 $\frac{1}{2}$ tsp. cloves
2 cups flour.

Mix in order given. Pat out in pans $\frac{1}{2}$ inch thick, then bake 30 minutes. When cool ice, and mark off into squares—Mrs. P. Mervold.

OVER NIGHT COOKIES

1 cup white sugar
1 cup brown sugar
2 cups butter
3 eggs
1 cup chopped nuts
1 cup chopped raisins
1 tsp. soda
Flour to make quite stiff.

Roll into roll about the size of a rolling pin. In the morning cut thin (as for a jelly roll) and bake.

—Mrs. L. T. R. Smith.

OATMEAL DROP CAKES

1 cup fat
1 cup brown sugar
2 eggs
 $\frac{1}{3}$ cup milk
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups rolled oats (put through food chopper)

$\frac{1}{2}$ cup chopped nuts
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. each cassia, cloves, allspice and soda
 $\frac{1}{2}$ chopped dates may be added.

—Mrs. F. Joyce.

DATE BARS

2 eggs
 $\frac{3}{4}$ cup flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ tsp. salt
1 cup brown sugar
1 tsp. vanilla
 $\frac{1}{2}$ cup chopped nut meats
1 cup chopped dates.

Spread in pan $\frac{1}{4}$ inch thick. When done, cut in strips and roll in confectioner's sugar.—Mrs. F. Joyce.

DATE OAT CAKE

3 cups oatmeal
2 cups flour
1 cup sugar
 $\frac{1}{2}$ lb. butter
1 tsp. salt
1 tsp. soda (scant).

Work well with hands and spread half in bottom of pan and put cooked dates over it. Then put the other half on the top of the dates. Cook till light golden brown. The date filling is 1 cup chopped dates, 1 cup sugar and 1 cup water. Boil well all together.—Mrs. E. Williams.

ROLLED OAT SQUARES

2½ cups rolled oats
1 cup flour
1 cup brown sugar
1 cup shortening, ½ butter, ½ lard
1 scant tsp. salt
1 scant tsp. cinnamon.

Filling for same—Boil 1 lb. dates with ½ cup water and ½ cup brown sugar. Flavour with ½ tsp. vanilla. Boil until thick, then let cool. Divide crumbs, put half in pan, then spread filling, cover with remainder of crumbs. Bake until brown, then cut in squares while warm.

—Mrs. James Fleming.

BUTTERSCOTCH COOKIES

2 cups brown sugar
1 cup lard
2 eggs
1 tsp. cream of tartar
Soda and vanilla
4 cups flour
1 cup nuts.

Make in 2 rolls and let stand over night. In the morning slice and bake.

—Mrs. H. Carson.

ALMOND FINGERS

1 egg yolk
½ cup butter
1 tsp. sugar
1 tsp. baking powder
1 cup flour

Add a little milk if too dry, then roll thin and spread the following on:

Beat white of egg stiff and add 6 tbsps. icing sugar. Spread on dough and sprinkle with finely cut walnuts or peanuts. Cut in strips and bake.

—Mrs. A. S. MacKechnie.

OATMEAL COOKIES

Date Filled

1 cup rolled oats
1 cup flour
½ cup brown sugar
¼ cup butter
½ tsp. soda
½ cup thick sour cream
Pinch of salt.

Mix the salt, soda, sugar and flour and rolled oats, cut in the butter and add cream gradually. The dough should be very soft. Roll and cut as cookies. Put two together with date filling in between them. Bake in moderate oven.

Date Filling:

½ lb. dates
1 cup water
½ cup sugar

Stone dates, add sugar and water and cook until the mixture becomes a paste. Cool before putting in between cookies.

—Mrs. H. J. Brett.

ROCKS

½ cup butter
1½ cups sugar
2 eggs
2 cups oat meal

1 cup dates or raisins
 1 tsp. cinnamon and nutmeg, part of each
 1 small tsp. soda dissolved in $\frac{1}{2}$ cup sour milk
 2 cups flour.

—Mrs. John Scott.

COCOANUT DROP COOKIES

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup sugar
 1 egg
 $\frac{1}{2}$ tsp. lemon
 $\frac{1}{2}$ cup sweet milk
 $\frac{1}{2}$ cup flour
 3 tsp. of baking powder
 $\frac{1}{8}$ tsp. salt
 2 cups cocoanut.

Drop from end of the spoon into a pan, as big as walnuts. Cook for 15 or 20 minutes.

—Mrs. S. W. Northrup.

COCOANUT DROP COOKIES

$\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup white sugar
 1 egg
 $\frac{1}{2}$ tsp. lemon extract
 $\frac{1}{2}$ cup sweet milk
 $1\frac{1}{2}$ cups flour
 Salt
 3 tsp. baking powder
 2 cups cocoanut.

Mix and drop by teaspoons on greased pan, allowing room for spreading. Bake about 15 minutes in rather hot oven.—Mrs. C. Quinnel.

SUGAR COOKIES

2 cups white sugar
 1 cup butter
 2 eggs
 1 tsp. soda dissolved in 1 cup of sour cream
 2 tsp. cream of tartar
 Nutmeg to taste
 Enough flour to roll
 Sprinkle with granulated sugar.

—Miss Gertrude Davidson.

FRUIT COOKIES

$1\frac{1}{2}$ cups sugar
 1 cup butter
 $\frac{1}{2}$ cup molasses
 1 cup raisins
 1 cup currants
 3 eggs
 1 tsp. soda
 1 tsp. cinnamon
 1 tsp. cloves
 1 tsp. allspice

—Mrs. H. J. Brett.

SOUR CREAM COOKIES

$\frac{3}{4}$ cup butter or lard
 $\frac{3}{4}$ cup brown sugar
 $\frac{3}{4}$ cup molasses
 2 eggs
 $\frac{3}{4}$ cup sour cream
 1 tsp. soda
 $\frac{1}{2}$ tbs. ginger
 1 tsp. salt.

Roll and bake like other cookies.

—Mrs. Emil Meier.

COCOANUT TARTS

1 cup cocoanut
1 tbsp. butter
1 scant cup sugar
2 eggs
Vanilla

Beat all until full of bubbles. Drop from teaspoon into lined patty tins and bake in moderate oven.

—Myrtle Campbell.

FRUIT SNAPS

$\frac{1}{2}$ cup milk
1 cup butter
1 tsp. soda
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup molasses
3 eggs
1 cup raisins
1 cup currants
1 tsp. cloves
1 tsp. ginger
1 tsp. cassia
1 tsp. allspice

Flour to roll as soft as can be cut.

—Mrs. E. McLean.

SUGAR COOKIES

1 cup butter
1 cup sugar
2 eggs
2 tbsp. milk
 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ tsp. cream of tartar
1 tsp. lemon flavouring
Flour to stiffen.

Roll thin and bake.

—Mrs. Jim Stephens.

GINGER SNAPS

1 cup molasses
2 cups sugar
1 cup lard or butter
1 tsp. soda, ginger, vanilla and cinnamon
Pinch of salt

$\frac{1}{2}$ cup boiling water

Flour to stiffen (about 4 cups).

Pinch off pieces size of a marble and roll between hands and bake in moderate oven till brown.

—Gladys Mooney.

DROP CAKES

$\frac{3}{4}$ cup butter
1 cup sugar
2 eggs
 $\frac{3}{4}$ cup sour milk or buttermilk
 $\frac{3}{4}$ tsp. soda
 $\frac{1}{2}$ tsp. cinnamon
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ cups rolled oats
 $\frac{1}{2}$ cup raisins
1 cup crushed walnuts.

Drop by spoonfuls into greased pan.—Mrs. Jim Stephens.

FARMERS' COOKIES

2 cups brown sugar
1 cup butter
1 cup thick sour cream
3 eggs
2 tsp. soda
Enough flour to make soft dough.

Bake in quick oven.

—Mrs. H. McKee.

BUTTERSCOTCH COOKIES

2 cups brown sugar
 $\frac{1}{2}$ cup butter
2 eggs
Vanilla and salt
Flour enough to roll and 1 level tsp.
baking powder to each cup of
flour.

—Mrs. T. R. McKee.

LACE COOKIES

$1\frac{1}{2}$ cups sugar
5 tbsp. butter (melted)
5 tbsp. milk
6 tbsp. flour
2 eggs
 $\frac{1}{2}$ cup cocoanut
1 heaping tsp. baking powder

Cream sugar and butter. Add well
beaten eggs, milk, flour, baking pow-
der and cocoanut. Lastly add finely
rolled Post Toasties. Roll into marbles
and bake in moderate oven.

—Mrs. A. H. Hennings.

CLIFFORD TEA COOKIES

1 cup shortening (butter better)
2 cups brown sugar
2 eggs
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
1 cup chopped nuts
 $3\frac{1}{2}$ cups flour.

Method:

Cream butter and sugar thoroughly
add eggs and continue to beat. Sift
flour, salt and soda three times and

add with nuts to first mixture. Pack
in mould and leave in cool place over
night. These can be packed in any
knid of a pan to mould.

—Mrs. Art Hanson.

BROWN BETTIES

1 cup brown sugar
1 scant cup butter
 $\frac{1}{2}$ cup walnuts
 $\frac{1}{2}$ cup currants
2 or more cups flour
2 eggs
1 tsp. essence lemon
 $\frac{1}{2}$ tsp. soda.

Drop from teaspoon and bake.

Maple Icing:

1 cup brown sugar
2 tbsp. boiling water.

Boil $2\frac{1}{2}$ minutes. Pour gradually on
beaten white of 1 egg.

—Mrs. E. J. Flemming.

COCOANUT MACAROONS

Whites of 2 eggs, beaten stiff
 $\frac{3}{4}$ cup granulated sugar
1 tbsp. corn starch.

Put in double boiler till warmed
through.

Add:

1 cup cocoanut
1 cup corn flakes, or all cocoanut if
desired.

Drop on buttered paper and bake
5 minutes.—Mrs. E. J. Flemming.

CHOCOLATE FINGERS

Cut bread in fingers, length of a chocolate bar. Make a dressing of:

1½ cups brown sugar

3 tbsp. water

2 tbsp. cocoa

1 tsp. vanilla

Butter size of half an egg.

Boil until it forms a soft ball in cold water. After boiling place in a double boiler to keep hot. Roll bread in dressing and then take out of boiler and roll in crushed walnuts.

—Mrs. James Anderson.

GRAHAM WAFERS

1 egg

Small cup sugar

Small tsp. soda

½ cup butter

1 tbsp. warm water

Pinch of salt

Graham flour to roll.

—Mrs. A. McKeen.

SUGAR COOKIES

Cream ½ cup butter with 1 cup of granulated sugar. Beat 1 egg well and add this to the sugar and butter mixture, then stir in 1½ cups ordinary bread flour previously sifted with 2 tsp. baking powder and a pinch of salt. Flavor with ½ tsp. vanilla (no milk necessary). This will make a stiff dough. Chill it for 30 minutes before putting it on a floured board and rolling about ⅛ inch in thickness. Cut with a cookie cutter dipped in flour and bake on a buttered pan for

8 or less minutes in a hot oven—400° F.—Mrs. C. M. Lundquist.

DARK SECRETS

3 eggs, unbeaten

1 cup nuts

1 cup dates

2 tbsp. crisco (melted)

1 cup sugar

1 tsp. baking powder

¼ tsp. salt

5 tbsp. pastry flour.

Spread about 1 inch thick and bake 1½ hrs. in slow oven (300° F). Cut in squares and roll in powdered sugar.

—Mrs. Jas. Paxton.

JUMBLES

¾ cup white sugar

¼ cup butter

1 cup chopped dates

1 cup chopped walnuts

1½ cups flour

1 tbsp. hot water

1 tsp. vanilla

½ tsp. soda

1 egg

Pinch of salt.

—Mrs. R. Gilliland.

COOKIES

1 cup sugar

½ cup butter

2 eggs

4 tbsp. milk

2 cups flour

2 tsp. baking powder

1 tsp. vanilla or lemon flavouring.

—Mrs. Jos. Byers.

OATMEAL SQUARES

$\frac{1}{2}$ cup shortening
 $\frac{1}{4}$ tsp. soda dissolved in 1 tbsp. hot water
1 cup brown sugar
1 tsp. vanilla
Pinch of salt
3 cups quick oatmeal.

Cream shortening and sugar, add dissolved soda, salt and vanilla. Then stir in oatmeal. Press in pan (as for shortbread). Bake in slow oven until golden brown.—Mrs. Wilbert Andrus.

OATMEAL COOKIES

2 cups flour
2 cups oatmeal
1 cup sugar
1 cup shortening
1 tsp. soda
Lemon extract.

Rub all ingredients together until mixed well. Add enough water to make a soft dough. Roll out and cut into small cookies. Bake and put together with jam or icing.

—Mrs. William Thompson.

ROLLED OAT COOKIES

$2\frac{1}{2}$ cups rolled oats
 $2\frac{1}{2}$ cups flour
1 cup brown sugar
1 cup butter
 $\frac{1}{2}$ cup warm water
1 tsp. soda dissolved in water.

Roll thin and bake. These are nice put together with date filling.

—Mrs. Jim Stephens.

NUT BARS

1 cup powdered sugar
 $\frac{1}{2}$ cup butter
1 square chocolate (melted)
2 eggs (beaten lightly)
 $\frac{1}{2}$ cup flour
Add $\frac{1}{2}$ chopped nuts.

Bake in sheets. Chopped walnuts or almonds may be sprinkled on top. When baked cut in squares.

—Mrs. R. G. Murie.

OATMEAL WAFERS

2 cups rolled oats (fine)
2 cups white flour
1 cup shortening
1 cup brown sugar (scant)
1 tsp. salt
1 tsp. baking soda; add:

Boiling water to make soft dough. Roll thin and cut in squares with sharp knife and bake in quick oven.

—Mrs. Joe Coates.

OATMEAL CANDY COOKIES

3 cups oatmeal
1 cup brown sugar
 $\frac{1}{2}$ cup butter
Vanilla flavouring.

Rub all ingredients together until mixed well and put in pans about $\frac{1}{4}$ of an inch thick and press down good. Bake in moderate oven until nicely browned.

—Mrs. William Thompson.

GINGER SNAPS

1½ cups sugar
1 cup butter and lard mixed
2 eggs
1 cup molasses
1 tsp. soda
3 tsp. ginger
A little salt
4 cups flour, or enough to roll.
Mold into small balls and bake.
—Mrs. William Thompson.

PEANUT COOKIES (Good)

2 tbs. butter
½ cup flour
1½ tsp. milk
¼ cup sugar
1 tsp. baking powder
¾ cup chopped peanuts
1 egg, well beaten
¼ tsp. salt
½ tsp. lemon juice.
Drop from spoon on unbuttered pan. Bake 15 minutes, put ½ peanut on top of each bake. Makes 24 cookies. —Mrs. William Thompson.

CREAM PUFFS

½ cup butter
1 cup hot water
1 cup flour.
Put butter and water on stove and let boil, then pour in flour and stir well. Let cook for about a minute. Then take off, let cool. Break in 3 eggs, one at a time, and beat well. Drop on pan in small lumps. Bake in moderate oven 25 minutes.
—Mrs. William Thompson.

GINGER SNAPS

1½ cups sugar (white)
1 cup butter and lard
1 cup molasses
2 eggs
3 tsp. ginger
1 tsp. vanilla or lemon
4 cups flour
1 tsp. soda
2 tsp. baking powder
Pinch of salt.
Roll in small patties.
—Mrs. Elmer Erickson.

HERMITS No. 1

2 eggs
1 cup (large) sugar
¾ cup shortening
¾ cup sour milk
¾ tsp. soda
½ tsp. cinnamon
1½ cups flour
1½ cups oatmeal
½ cup chopped raisins
1 cup walnuts (chopped).
Drop from spoon onto buttered pan and bake. They should spread out like cookies.—Mrs. Wm. Thompson.

ICE BOX COOKIES

1 cup lard or butter
4 cups brown sugar
4 eggs
1 tbs. cream of tartar sifted into 7 cups flour
1 tbs. soda dissolved in ¼ cup hot water.
Flavor as desired, add ground raisins or walnuts, or both.
—Mrs. N. McKay.

ICE BOX COOKIES

1 cup lard or butter
4 cups brown sugar
4 eggs
1 tbsp. cream of tartar sifted into 7
cups flour
1 tbsp. soda dissolved in $\frac{1}{4}$ cup hot
water.

Flavour as desired. Add ground
raisins or walnuts, or both.

—Mrs. N. McKay.

VANITIES

2 cups flour
 $\frac{1}{2}$ tsp. salt
2 tsp. baking powder ...
 $\frac{3}{4}$ cup milk.

Sift flour, salt and baking powder.
Add just enough milk to form a
dough, roll thinly. Cut into squares
or rounds and drop into hot frying
fat (as for doughnuts). Serve with
hot maple syrup, poured over, or
brown syrup sugar.

—Mrs. P. Mervold.

SHORT-BREAD COOKIES

1 lb. butter
1 cup icing sugar
1 tsp. vanilla
4 cups flour.

Roll out and cut in any shape. Put
half an almond on each or a little
piece of cherry. Bake in slow oven
until golden brown. Wash butter of
salt.—Mrs. J. Furman.

COOKIES WITH RAISIN FILLING

Cream:

1 cup sugar
 $\frac{1}{2}$ cup butter.

Add:

$\frac{1}{2}$ cup sweet milk
1 egg, well beaten
 $3\frac{1}{2}$ cups flour, sifted with 3 tsp. bak-
ing powder.

Roll out thin.

Filling:

Mix:

$\frac{3}{4}$ cup sugar
1 tbsp. flour

Add:

1 cup boiling water
1 cup chopped raisins.

Cook till it thickens. Roll, cook
thin, place in pans, placing 1 tsp. fill-
ing on each. Put another cooky on
top and bake.—Mrs. P. Mervold.

SANDWICH BISCUITS

1 cup butter
1 cup sugar
 $1\frac{1}{2}$ tsp. baking powder
1 tbsp. cream
1 pinch soda in the cream
2 eggs (well beaten)
Flour to roll.

These cookies are dainty and should
be cut with a tiny cake cutter. When
baked put together with icing be-
tween and on top of them. Chocolate
icing is also very nice on top.

Icing for Biscuits:

1 tbsp. butter
1 tbsp. vanilla

3 tbsp. cream
Icing sugar to thicken.
—Mrs. E. McLean.

TEA KISSES

Sift together:
2 cups flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt.
Then rub in:
 $\frac{1}{2}$ cup butter
1 cup white sugar
2 eggs
 $\frac{1}{3}$ cup of milk
1 tsp. lemon flavouring.

Drop onto a buttered tin, sprinkle with sugar. Bake in hot oven.

—Mrs. E. McLean.

SUGAR COOKIES

1 cup butter
2 cups sugar
3 eggs
 $\frac{1}{2}$ cup milk
1 tsp. soda
2 tsp. cream of tartar
Pinch of salt
Flour to roll.

—Mrs. E. McLean.

COCOANUT COOKIES

1 cup shortening
2 cups sugar
 $\frac{1}{8}$ cup orange juice or milk
 $\frac{2}{3}$ cup cocoanut
 $3\frac{1}{2}$ cups flour

1 tsp. lemon extract
1 tsp. vanilla
 $\frac{1}{4}$ tsp. salt
2 tsp. baking powder.

Make into a roll. Chill; slice and bake in moderate oven.

JAM-JAMS

2 eggs
1 cup brown sugar
1 cup shortening
6 tbsp. syrup
2 tsp. soda
1 tsp. lemon or vanilla
Flour to roll out thin.

Cut and bake. While warm put together with jam.—Mrs. E. McLean.

ALMOND PASTE

1 lb. shelled almonds
Yolks 4 eggs
1 lb. icing sugar
 $\frac{1}{2}$ tsp. almond flavouring
1 tsp. rose water.

Blanch the almonds and put through the meat chopper. Work them to a paste, then add the unbeaten egg yolks. Add flavouring and sugar gradually. The mixture should be stiff like a dough. Dredge a bake-board with icing sugar, roll the mixture to a desired thickness and cut in shape. Moisten the cake with a little water, press on the paste and let stand 24 hours before adding ornamental frosting.—Mrs. N. L. Robson.

JAM-JAMS

8 tbsp. white sugar
6 tbsp. melted butter
4 tbsp. sweet milk
2 eggs
4 tsp. baking powder.

Cut into cookies, put filling between and bake.

Filling:

Peel and slice 2 apples. Cook with as little water as possible without burning. Beat till smooth. Then add 1 cup sugar, 1 egg, 1 tsp. vanilla. Cook till thick like jam.—Miss Joyce.

MERINGUE ICING

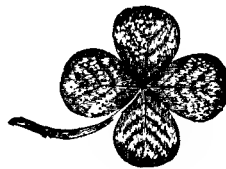
2 egg whites
 $\frac{1}{2}$ cup brown sugar

Beat eggs till stiff and gradually add brown sugar, beating all the time. Spread on Spanish bun or gingerbread and return to the oven till golden brown.—Bertha Trainor.

NEVER FAILING ICING

1 cup sugar
4 tbsp. cold water
Whites of 2 eggs
Vanilla.

Mix well in double boiler and put over hot water. Beat steadily until stiff enough to shape when lifted on beater. Add 2 tsp. vanilla flavouring (caramel may be used for flavour if desired).—Mrs. M. S. Mooney.



CAKES

GENTLEWOMAN JINGLES

Try a novel receipe,
Your success will be surprising.
Cooking changes to a game
With a bit of enterprising.

—J. B.

ROMEO AND JULIET CAKE

Light part:

1 cup white sugar
Whites of 6 eggs, well beaten
1 tbsp. butter
1½ cups flour
3 level tsp. Blue Ribbon baking powder

4 tbsp. sweet milk.

Dark part:

1 cup sugar
1 tbsp. butter
Yolks of 6 eggs
1 cup flour
4 tbsp. sweet milk
2 level tsp. Blue Ribbon baking powder.

Bake in separate tins. The layers being light and dark. Then spread a custard between them, which is made with 2 eggs, 1 pint milk, ½ cup sugar, 1 tbsp. flour or cornstarch. When cool flavour with 2 tsp. vanilla.

—Mrs. T. Bethune.

BOSTON CAKE

1 cup shortening
½ cup sugar
2 eggs
¼ cup molasses
½ cup sour milk
1½ cups flour
½ tsp. soda

2 tsp. baking powder

½ tsp. cinnamon

¼ tsp. cloves

½ cup raisins

½ cup broken walnuts.

Bake in a slow oven for 35 minutes.

—Mrs. J. V. Stinson.

BROWN LAYER CAKE

2 eggs

1 cup brown sugar

½ cup butter

½ cup sour milk

1 cup raisins

1½ cups flour

1 tbsp. molasses

1 tsp. soda, salt.

Bake in 2 tins.

Filling:

½ cup raisins, chopped

½ cup nuts, chopped

1 cup brown sugar

3 tbsp. sour cream. Boil together 5 minutes and add to nuts and raisins.

—Mrs. Joe Coates.

PINEAPPLE CAKE

Cream ½ cup butter, add 1 cup sugar and cream thoroughly together. Add 2 well beaten eggs. Mix and sift 1½ cups flour, 2 tsp. baking powder and ¼ tsp. salt and add to first mix-

ture alternately with $\frac{1}{2}$ cup milk. Add vanilla. Melt 2 tbsp. butter in an iron or aluminum frying pan and add 1 cup brown sugar, stirring until smooth. Spread with a layer of well drained crushed pineapple. Pour batter over this and bake 45 minutes in moderate oven. Turn on plate, cool and serve with whipped cream.

—Myrtle Campbell.

1 tsp. soda
1 tsp. baking powder
1 tsp. grated nutmeg
1 tsp. cinnamon
1 tsp. cloves
1 cup raisins
 $\frac{1}{2}$ lb. chopped walnuts
3 cups flour.

—Mrs. Wm. Thompson.

ORANGE CAKE

2 eggs
 $\frac{1}{2}$ cup butter
1 cup brown sugar
Juice of 1 or 2 oranges
Rind of 1 orange
1 cup raisins
1 cup sour milk
1 tsp. soda
2 cups flour
Pinch of salt.

Sift flour before measuring; add salt and sift 3 times. Cream butter well, add sugar slowly also juice of oranges and rind. Separate eggs and add the yolks. Dissolve the soda in the sour milk and beat in the sour milk and flour alternately. Fold in the stiffly beaten egg whites and raisins.—Mrs. H. G. Wright.

SPICE CAKE

3 eggs
 $1\frac{1}{2}$ cups sugar
1 cup butter
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup hot water

CARMEL CAKE

$\frac{1}{2}$ cup butter
1 cup white sugar
Yolks of 2 eggs
1 cup cold water
2 cups flour
3 tsp. baking powder
4 tbsp. carmelized sugar
Vanilla
Whites of 2 eggs.

Icing:

3 tbsp. carmelized sugar
1 cup icing sugar
1 tbsp. butter
Vanilla.—Mrs. R. E. Glendenning.

MARBLE CAKE

Light:

1 cup white sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup milk
2 cups flour
2 tsp. baking powder
Whites of 3 eggs.

Dark:

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup molasses

$\frac{1}{4}$ cup milk
 $\frac{1}{2}$ nutmeg
 1 tsp. cinnamon
 $\frac{1}{2}$ allspice.—Mrs. Wm. Thompson.

1-2-3-4 CAKE

1 cup butter
 2 cups sugar
 3 cups flour
 4 eggs
 1 cup milk
 2 tsp. cream of tartar
 1 tsp. soda
 1 tsp. vanilla
 1 cup of raisins.

Makes a pleasing variety.

—Elsie Meier.

CRUMB CAKE

2 cups flour
 1 cup white sugar
 $\frac{3}{4}$ cup butter.

Rub this to crumbs. Take 1 cupful out, mix the rest.

1 cup sour milk
 1 tsp. soda
 1 tsp. cloves and cinnamon
 1 big egg
 1 cup raisins, or
 1 cup currants.

Sprinkle the crumbs on top of cake and put in oven.

—Elsie Meier.

JERSEY LILY CAKE

Whites of 2 eggs
 1 cup of white sugar
 $\frac{1}{2}$ cup of butter
 $\frac{1}{2}$ cup of milk
 1 cup chopped walnuts
 1 cup raisins
 2 scant cups flour.

—Mrs. Geo. Smylie.

FRUIT CAKE

1 lb. butter
 1 lb. brown sugar
 12 eggs
 2 lbs. raisins
 1 lb. raisins, white
 1 lb. mixed peel
 $\frac{1}{2}$ lb. cherries
 4 cups flour or a little more
 1 tsp. baking soda in one cup of flour
 1 wine glass of port wine
 1 wine glass of any other juice or
 flavouring
 4 tsp. nutmeg
 $\frac{1}{2}$ tsp. cassia
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. ginger.

Bake large cake in 3 or more hours, and small in 2, in moderate oven.

—Mrs. J. Furman.

FILLING FOR CAKE

1 $\frac{1}{4}$ cups granulated sugar
 Pinch of cream of tartar
 $\frac{1}{2}$ cup boiling water
 Whites of 2 eggs
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. pineapple

$\frac{1}{4}$ cup large raisins cut in pieces
 $\frac{1}{4}$ cup chopped dates
 $\frac{1}{2}$ cup ground nuts.

Cook sugar, cream of tartar and water until it spins a thread. Let cool slightly and pour over beaten egg whites and beat until light and fluffy. Divide the mixture in two parts. To one-half add half the flavouring, raisins, dates and nuts, spread between the layers and cover the cake with the remaining icing.

—Mrs. J. Smith.

COCOA CAKE

2 cups brown sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ cup cocoa
1 cup sour milk
2 cups flour
Dissolve cocoa in $\frac{1}{2}$ cup boiling water
2 eggs
1 tsp. soda
In sour milk, 1 tsp. vanilla.

—Mrs. John Scott.

WHITE CAKE

3 eggs, yolks and whites beaten separately
1 cup fruit sugar, beat with yolks
 $\frac{1}{4}$ cup boiling water
1 cup Swan's Down cake flour
1 tsp. baking powder, sift 5 times
Add beaten whites last.

Bake in slow oven for 30 minutes.

—Mrs. C. Cranston.

WHITE CAKE

$\frac{1}{2}$ cup butter
1 cup sugar
1 cup milk.
Whites of 3 eggs
2 cups flour
2 tsp. baking powder

Bake in 2 layers. Make a lemon or cream filling to put between layers.

—Mrs. John Scott.

SWAN'S DOWN CAKE

2 cups Swan's Down flour
3 tsp. baking powder
 $\frac{1}{2}$ cup butter
1 cup bar sugar
 $\frac{3}{4}$ cup milk
2 tbs. water
1 tsp. vanilla
3 egg whites.

Sift flour and baking powder twice, cream shortening. Add sugar and cream thoroughly. Add flour and baking powder alternately with milk and water. Add vanilla and beat until very smooth. Fold in stiffly beaten egg whites with a fork. Bake in a rather slow oven 20 to 25 minutes.

—Mrs. J. Smith.

DEVIL'S FOOD CAKE

$\frac{1}{2}$ cup butter or substitute
2 cups brown sugar
2 eggs
 $2\frac{1}{4}$ cups Swan's Down cake flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup sour milk or buttermilk
 $\frac{1}{2}$ cup boiling water

1 tsp. soda
 $\frac{1}{2}$ cup cocoa
 1 tsp. vanilla
 1 tsp. baking powder

Cream butter and one cup of sugar. Beat eggs until light and add other cups of sugar to eggs, mixing well. Add this egg mixture to the butter and sugar. Beat well, add sour milk. Sift flour, baking powder and salt, then add to the mixture. Next add the cocoa and soda mixed with the boiling water. Add vanilla and bake in layer cake tins in moderate oven.

(Note.—If you have no Swan's Down flour use common flour, taking out 2 tbsps. of flour and substituting 2 tbsps. cornstarch.)

—Mrs. Ed. Cosford.

DEVIL FOOD CAKE

$\frac{1}{2}$ cup butter
 2 cups brown sugar
 2 eggs, beaten lightly
 $\frac{1}{2}$ cup sour milk
 3 tbsps. chocolate
 2 $\frac{1}{4}$ cups sifted Swan's Down flour
 1 tsp. baking powder
 Salt
 $\frac{1}{2}$ cup boiling water with 1 tsp. soda
 last of all.—Mrs. E. R. Eastman.

ORANGE CAKE

1 $\frac{1}{2}$ cups brown sugar
 $\frac{3}{4}$ cup butter
 2 eggs
 $\frac{3}{4}$ cup sour milk

1 tsp. soda in sour milk
 1 whole orange
 1 cup seeded raisins
 2 cups flour.

Put orange and raisins through food chopper (fine cut size). Mix as for any other cake. Bake in loaf tin. Ice with boiled icing or orange icing.

—Mrs. G. H. Ruttan.

WALNUT CAKE

2 eggs
 1 cup sugar
 $\frac{1}{2}$ cup butter, boiled
 $\frac{1}{2}$ cup walnut meats
 1 $\frac{1}{2}$ cups flour
 1 cup sweet milk
 2 tsp. baking powder.

—Mrs. G. Cosford (Jr.).

COCOA SPONGE CAKE

$\frac{1}{2}$ cup cocoa
 1 cup sugar
 $\frac{1}{2}$ cup cold water
 3 eggs
 Scant $\frac{3}{4}$ cup flour
 Salt
 1 tsp. baking powder.

Method:

Mix cocoa and sugar well. Add cold water gradually, working into smooth paste. Beat egg yolks lightly and add. Mix flour, salt and baking powder, sift several times, and add to mixture. Beat the whites stiff and fold into batter. Bake about $\frac{3}{4}$ of an hour in a moderate oven.

—Mabel Tucker.

WALNUT CHOCOLATE CAKE

Yolks of 2 eggs
1 cup sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sweet milk
 $\frac{2}{3}$ cup grated chocolate
1 cup chopped walnuts meats
2 cups flour
1 tsp. soda
2 tsp. cream of tartar
1 tsp. vanilla

Bake in 2 layers and ice with white boiled icing.—Miss Elsie Meier.

ORANGE LOAF CAKE

1 cup white sugar
 $\frac{1}{2}$ cup butter
2 eggs
1 cup buttermilk
1 scant tsp. soda
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup dates
 $\frac{1}{2}$ cup chopped walnuts
2 cups flour
1 scant tsp. baking powder
Rind of 1 orange.

Icing for same

Dissolve:

$\frac{1}{2}$ cup white sugar in juice of 1 orange and spread on cake 5 minutes after cake is baked.—Mrs. Ira Woolsey.

PRINCE ALBERT CAKE

Materials:

1 cup brown sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sour cream

3 tbsp. molasses
3 eggs
1 cup raisins
 $2\frac{1}{2}$ cups flour
1 tsp. nutmeg
1 tsp. soda.

Preparation:

Cream butter and sugar, add molasses and the well beaten eggs. Dissolve soda in sour cream. Wash and cook raisins until tender. When cold add raisins, flour and nutmeg to the above mixture. Bake 40 to 50 minutes in moderate oven.

Icing for above Cake:

$1\frac{1}{2}$ cups brown sugar
1 cup sour cream (not too sour)

Boil until it hardens in cold water. Add 1 cup chopped walnuts and 1 tsp. vanilla just before you spread icing.

—Nettie Wallace.

DATE CAKE

1 cup brown sugar
 $\frac{1}{2}$ cup butter
2 eggs
 $\frac{1}{2}$ cup warm water
1 pkg. dates, cover with warm water
 $1\frac{1}{2}$ cups flour
 $1\frac{1}{2}$ tsp. baking powder sifted in flour
1 tsp. vanilla
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ tsp. salt.

Cream butter and sugar. Beat eggs well and add alternately to mixture with flour. Add vanilla, nut and date mixture. Bake 1 hour.

—Mrs. V. Hamilton.

CHERRY CAKE

$\frac{1}{2}$ lb. butter
1 cup sugar
3 eggs
 $\frac{1}{2}$ cup warm water or wine
1 lb. seedless raisins
 $\frac{1}{2}$ lb. mixed peel or candied pineapple
 $\frac{1}{2}$ lb. candied cherries
3 cups flour
1 tsp. baking powder
2 tsp. vanilla
Little salt.

Bake in slow oven $1\frac{1}{2}$ hours or more.—Mrs. L. A. Marriott.

OUR BOYS' CAKE

1 cup butter
2 cups sugar
4 cups flour
1 lb. seeded raisins
1 lb. sultanas
 $\frac{1}{2}$ tsp. soda
1 tsp. cream of tartar
 $\frac{1}{2}$ lb. almonds, blanched and cut
 $\frac{1}{2}$ tsp. essence of lemon
1 cup sweet cream
4 eggs.

Bake in moderate oven for 3 hours.

—Mimie W. Hopkins.

LEMON FILLING FOR CAKE

1 cup brown sugar
3 yolks of eggs
1 rind and juice of lemon

Cook in double boiler to thicken.

—Mrs. F. McIntyre.

MARGUERITE CAKE

1 cup brown sugar
 $\frac{1}{4}$ cup butter
2 eggs
 $\frac{1}{2}$ cup buttermilk
 $\frac{1}{2}$ cup black syrup
1 tsp. mixed spice
1 tsp. soda
2 cups flour.

Bake in 2 layers.

—Mrs. F. B. McIntyre.

FRUIT CAKE

6 eggs
1 lb. butter
2 cups brown sugar
1 tsp. each of cloves, cinnamon and nutmeg.

Mix real well and add 1 tsp. soda dissolved in sour milk or buttermilk. Add 1 lb. raisins and 1 cup nuts. Also dates and currants if desired.

—Mrs. F. B. McIntyre.

CRUMB CAKE

1 lb. dates cut in pieces. Let stand in 1 cup boiling water in which 1 tsp. soda is dissolved. Put in mixing bowl, 1 cup white sugar, 3 large tbsp. butter, 2 cups flour. Rub together. Take out $\frac{1}{4}$ cup for top. Add 1 egg well beaten, $\frac{1}{2}$ cup walnuts, crushed, the dates and last of all, a small tsp. baking powder. Bake in slow oven $\frac{1}{2}$ hour.—Mrs. F. B. McIntyre.

FRUIT CAKE

1 cup butter
2 cups brown sugar
4 eggs
1 cup molasses
 $\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups raisins
 $1\frac{1}{2}$ cups currants
 $\frac{1}{2}$ cup mixed peel
1 tsp. nutmeg
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
3 tsp. baking powder

Flour to stiffen.—Mrs. Jim Stephen.

ANGEL CAKE

11 eggs, whites only
 $1\frac{1}{2}$ cups sugar
1 cup flour
1 tsp. cream of tartar
1 tsp. vanilla
Pinch of salt.

Sift flour, sugar, cream of tartar and salt together five times. Beat whites of eggs to stiff froth. Add gradually, beating all the time. Have your pan ready. Do not grease. Bake 45 minutes.—Mrs. R. A. Noe.

ICING FOR CAKE

1 scant cup sugar
3 tbsp. cold water
White of 1 egg.

Beat and boil 6 minutes. Put in 12 marshmallows, boil 1 minute and take off and beat until ready to spread.—Mrs. N. G. Rienhart.

MARSHMALLOW ICING

2 cups sugar
1 cup water
2 tbsp. Knox gelatine.

Boil water and sugar until it forms a soft ball in water. Soak gelatine in $\frac{1}{2}$ cup cold water for 15 minutes. Pour syrup into gelatine and beat. Add a pinch of salt.—Mrs. Redvers Coates.

WHITE ICING

1 cup sugar
White of 1 egg
 $\frac{1}{2}$ tsp. baking powder
3 dessertspoons hot water.

Mix well. Set in pan of boiling water on stove and beat with egg beater for 7 minutes; flavour.

—Mrs. Redvers Coates.

ROLLED JELLY CAKE

3 eggs
1 teacup fine sugar
1 teacup flour.

Beat the yolks until light, then add the sugar, then add 2 tbsp. cold water, a pinch of salt, stir in the flour, in which there should be a heaping tsp. of baking powder. Beat whites until stiff and fold into mixture. Bake in well greased shallow pan. Turn out on towel, cover top with jelly and roll up while warm.

—Mrs. Jim Stephens.

LEMON CHEESE

Butter size of 2 eggs
3 cups white sugar
3 lemons
9 eggs.

Put butter in double boiler. Add sugar, grated rind of 1 lemon. Beat eggs well and add last. Boil till thick like honey.—Mrs. F. Byers.

COLD WATER CAKE

1½ cups sugar
2 egg yolks
½ cup shortening
1 cup cold water
2 cups flour
2 tsp. baking powder
2 squares chocolate.

Cream sugar and shortening. Add yolks well beaten, melted chocolate. Add flour and water alternately, then baking powder and flavouring.

Icing:

1½ cups white sugar
½ cup brown sugar

Boil with ½ cup water until it spins a thread. Pour over 2 stiffly beaten egg whites.—Mrs. W. M. Davis.

CREAM CAKES

½ cup butter
1½ cups granulated sugar
2 eggs
2½ cups flour
3 tsp. baking powder
2 tbsp. cocoa
¼ tsp. salt

½ tsp. cinnamon
¾ cup sweet milk
1 tsp. vanilla.

Sift flour, baking powder, salt, cocoa and cinnamon together 4 times. Cream butter. Add sugar and yolks of eggs and beat extra well. Add milk and flour and mix them alternately, then the vanilla. Fold in stiffly beaten whites last. Bake in two greased layer tins in moderate oven about 40 minutes. Put together when cold with cocoa whipped cream. Mix 4 tbsp. cocoa with ½ cup powdered sugar and a little hot water, until well blended. Add ½ tsp. vanilla, whip 1 cup of whipped cream a little at first. And then add the other ingredients and whip until thick enough to spread.—Mrs. S. W. Northrup.

NUT CAKE

1 cup butter
1 cup sugar
3 eggs
1 cup milk
Vanilla
2 cups flour
2 tsp. baking powder, sifted in flour
1 cup walnuts
Salt.

Mix in order given. Bake in flat pan about 30 minutes. When cold ice with:

Sour Cream Icing:

1 cup sour cream
1 cup white sugar
½ cup chopped nuts.

Boil cream and sugar together until it forms soft ball in cold water. Add nuts and beat until thick enough to spread.—Mrs. J. D. Smylie.

CHOCOLATE CAKE

2 eggs, beaten
1 cup sugar
1½ cups sour cream
2 cups flour
Salt
1 tsp. salt.—Mrs. W. McMunn.

WHITE CAKE

1½ cups sugar (white)
1 cup sweet milk
2½ cups bread flour, or
2 cups Swan's Down cake flour
¼ cup butter.

Mix sugar and butter, then add flour. Next add milk, beat hard, then add whites of 4 eggs beaten stiffly.
—Mrs. Paul Radloff.

EAGLE CAKE

1 cup brown sugar
½ cup butter
1 egg
1 cup sour milk
1 cup raisins
2 cups flour
1 tsp. soda (dissolved in the milk)
1 tsp. cinnamon
½ tsp. each cloves and nutmeg.
—Mrs. E. McLean.

WHITE RAISIN ICING

4 tbsp. milk
1 tbsp. butter.

Heat; add a little icing sugar when taking off stove. Then add enough icing sugar to spread. Add vanilla and chopped raisins.

—Mrs. E. J. Flemming.

WHITE FRUIT CAKE

1 cup butter
2 cups sugar
3 cups flour
4 eggs
1 cup water or milk
2 tsp. cream of tartar
1 tsp. soda
1 tsp. vanilla
1 cup raisins
1 cup currants
¼ lb. mixed peel
¼ lb. walnuts.

Sift the cream of tartar and soda with the flour twice before adding.

—Mrs. E. McLean.

LIGHT FRUIT CAKE

1 cup butter
1½ cups fine sugar
1 cup sweet milk
3 cups flour
½ tsp. baking soda
1 tsp. baking powder
Salt
½ tsp. vanilla flavoring
4 eggs, beaten separately
½ lb. blanched almonds

- $\frac{1}{2}$ lb. mixed peel
- $\frac{1}{2}$ lb. candied cherries
- $\frac{1}{2}$ lb. sultana raisins
- $\frac{1}{2}$ lb. candied pineapple, shredded
- $\frac{1}{2}$ tsp. lemon flavouring.

Cream butter, add sugar and cream again. Add egg yolks, well beaten. Add flavouring and floured fruit. Add all dry ingredients which have been sifted with flour. Mix alternately with milk. Fold in stiffly beaten whites of eggs. If made into one large cake, bake for 2 hours or more in a moderate oven.

—Mrs. James Kyle.

DEVIL CAKE

Custard

- 1 cup grated chocolate
- $\frac{1}{2}$ cup sweet milk
- 1 cup brown sugar
- 1 tsp. vanilla

Stir in saucepan, cook and cool.

Cake

- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- 2 cups flour
- $\frac{1}{2}$ cup sweet milk
- 2 eggs (beaten separately)
- 1 tsp. soda.

Cream butter, sugar and yolks of eggs. Add milk. Sift flour and whites of eggs beaten stiff. Beat all and add custard. Add last 1 tsp. soda dissolved in little warm water. Ice with marsh-mallow frosting.

—Mrs. William Thompson.

DATE CAKE

- $\frac{1}{2}$ cup butter
- 1 cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- $1\frac{1}{2}$ cups flour
- 1 lb. chopped dates
- $\frac{1}{2}$ cup English walnuts (chopped)
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ cup warm water
- 1 tsp. soda.

Cream butter and sugar, beat in eggs, then flour, soda and salt, which have been sifted together alternately with fruit, nuts and warm water. Heat all together till creamy. Put mixture into well greased pans and bake in moderate oven 50 minutes.

—Mrs. J. V. Stinson.

LIGHT FRUIT CAKE

- 1 cup sugar
- $\frac{1}{2}$ cup butter, creamed, add:
- 3 eggs, beaten
- $\frac{1}{2}$ cup milk
- 2 cups flour sifted twice with 1 tsp. baking powder

Add:

- 1 cup raisins
- 1 cup dates
- 1 cup walnuts, chopped
- 1 cup bottled cherries, floured well
- 1 tsp. vanilla, orange and lemon extract.

Bake in slow oven.

—Mrs. William Thompson.

DATE CAKE

$\frac{1}{2}$ cup butter
1 cup brown sugar
2 eggs
1 tsp. vanilla
 $1\frac{1}{2}$ cups flour
1 tsp. Magic soda
1 lb. chopped dates
 $\frac{1}{2}$ cup English walnuts (chopped)
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup warm water.

Cream butter and sugar, beat in eggs, then flour, Magic soda and salt (which have been sifted together), alternately with fruit, nuts and warm water. Beat all together till creamy. Put mixture into well greased pan and bake in moderate oven about 50 minutes.

SUNSHINE CAKE

7 egg whites, beaten stiff and fluffy
5 egg yolks, beaten lightly
1 cup flour, sifted 5 times
1 cup sugar, sifted
 $\frac{1}{4}$ tsp. cream of tartar.

Add to egg whites carefully, then sugar and last the flour, gently. Flavor with lemon or orange. When done turn upside down to cool. Bake in angel food pan.

—Mrs. N. G. Rienhart.

STRAWBERRY SHORTCAKE

2 cups flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

2 tbsp. sugar
 $\frac{1}{4}$ cup butter
 $\frac{7}{8}$ cup milk
4 cups strawberries.

Divide dough into two parts, place one in tin, spread lightly with melted butter, place other part on top. Bake 20 minutes in hot oven. Mash berries and place between layers. Sweetened whipped cream and berries may be used on top.

—Mrs. E. J. Flemming.

APPLE SAUCE CAKE

1 cup sugar
 $\frac{1}{2}$ cup butter
1 cup raisins
1 cup currants
1 tsp. cinnamon cloves
1 egg
1 tsp. soda.

Cream butter, sugar and egg, add flour, fruit. Sift dry ingredients and apple sauce, the soda added to apple sauce. Bake 60 minutes.

—Mrs. N. G. Rienhart.

PEANUT BUTTER CAKE

1 cup granulated sugar
1 tsp. salt
1 rounded tsp. butter
1 tsp. vanilla
1 rounded spoon peanut butter
1 cup sweet milk
2 cups flour
2 tsp. baking powder.

Sift flour and baking powder. Beat hard.

Peanut Butter Icing:

1 cup confectioner's sugar
1 tsp. peanut butter with just enough cream to spread.

Flavor with vanilla, sprinkle over top with ground nuts.

—Nora Lundquist.

RAISIN FUDGE CAKE

$\frac{1}{2}$ cup butter
2 cups brown sugar
2 egg yolks
1 cup chopped raisins
4 ozs. chocolate, melted
 $\frac{1}{2}$ cup hot water
 $\frac{1}{2}$ cup sour milk
2 $\frac{1}{2}$ cups flour
1 tsp. soda
 $\frac{1}{2}$ tsp. each cinnamon and cloves
 $\frac{1}{2}$ cup blanched almonds
2 egg whites, beaten.

—Mrs. W. J. Evans.

CRANBERRY SAUCE ROLL

3 eggs
1 cup sugar
3 tbsp. cold water
1 cup flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt.

Beat the eggs until light, add sugar gradually while beating. Add the water, then flour. Baking powder and salt sifted together twice. Bake in a quick oven 12 minutes. Spread with sauce and roll.—Bertha Trainor.

PRUNE CAKE

2 $\frac{1}{2}$ cups flour
1 $\frac{1}{2}$ cups sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. cloves
 $\frac{1}{4}$ tsp. allspice
 $\frac{1}{4}$ tsp. cinnamon
 $\frac{3}{4}$ cup butter
1 cup chopped prunes
6 tbsp. prune juice
6 tbsp. sour milk
1 tsp. soda
3 eggs, beaten separately.

Cream butter and sugar and egg yolks. Add milk and prune juice. Sift dry ingredients, prunes and last fold in stiffly beaten egg whites.

—Mrs. W. D. Evans.

HOT MILK SPONGE CAKE

Cream together 4 well beaten eggs and 2 cups granulated sugar. Add pinch of salt, 2 cups flour, in which has been sifted 4 level tsp. baking powder. Beat till creamy, then add 1 cup hot milk (not boiling) and 1 tsp. lemon extract. Bake in moderate oven. If you try this you will bake another.—Mrs. H. E. Coveney.

FRUIT CAKE

1 cup raisins
1 cup currants
1 cup mixed peel
1 cup almonds
Dredge with $\frac{1}{4}$ cup flour
2 cups granulated sugar
1 $\frac{3}{4}$ cups butter

4 cups flour
 8 eggs
 2 tbsp. milk
 1 tsp. vanilla
 2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt.—Mrs. R. Gilliland.

Bake in a slow oven about 4 hours.
 More fruit may be added. Be sure and
 flour fruit well.

—Mrs. Ross Anderson.

JELLY ROLL CAKE

3 eggs
 1 cup sugar
 1 cup sifted flour
 3 tsp. baking powder
 6 tbsp. hot water.

Cream yolks of eggs with sugar
 and add hot water. Sift baking pow-
 der with flour and stir in. Add whites
 of eggs, beaten stiff and bake 8 to
 10 minutes. Spread with jelly or
 lemon filling and roll while warm.

—Mrs. F. Joyce.

CHRISTMAS CAKE

12 eggs
 4 cups white sugar
 2 lbs. butter
 1 cup molasses
 2 lbs. currants
 2 lbs. raisins
 $\frac{1}{2}$ lb. mixed peel
 2 lbs. chopped dates
 2 tsp. cinnamon
 2 tsp. cloves
 2 tsp. allspice
 1 tsp. mace
 1 tsp. nutmeg
 2 heaping tsp. soda
 3 cups strawberries or fruit juice
 About 8 cups flour.

CRUMBED DATE CAKES

1 $\frac{3}{4}$ cups rolled oats
 1 $\frac{1}{2}$ cups flour
 1 cup brown sugar
 1 tsp. soda
 Pinch of salt
 $\frac{3}{4}$ cup butter.
 Rub all to crumbs
 Cook 1 pkg. dates
 $\frac{1}{2}$ cup cold water
 1 cup white sugar.

Talk half of the crumbs and put in
 the bottom of a long greased pan.
 Add the cooked dates, then the rest
 of the crumbs. Cook in a slow oven.
 Cut in squares when cold.

—Mrs. Ross Anderson.

DATE CAKE

2 cups brown sugar
 2 cups butter
 4 eggs
 2 tsp. vanilla
 1 cup warm water
 2 tsp. soda
 50c worth dates and 50c cents worth
 walnuts
 3 cups flour.

Bake in a slow oven 4 hours. This
 cake will keep for months.

—Gladys Mooney.

SOUR CREAM CAKE

2 eggs
1 cup sugar
1 cup sour cream
2 cups flour
2 tsp. baking powder
Just a little soda on end of a spoon
Pinch salt
Flavor to suit taste.—Mrs. Elder.

MOCK ANGEL FOOD

Sift together four times:
1 cup flour
1 cup sugar
3 tsp. baking powder
Pinch salt.
Stir into this - cup hot milk. Then
fold in beaten whites of 2 eggs.
Flavor. Do not grease pan.
—Mrs. Elder.

DATE CAKE

2 cups rolled oats
1 cup flour
 $\frac{3}{4}$ cup brown sugar
1 tsp. salt
1 tsp. soda
1 cup shortening.
Mix into crumbs. Spread half the
mixture in pan with your hand.
Spread on cooked filling, then rest
of crumbs on top.

Filling:

1 lb. dates
 $\frac{1}{2}$ cup sugar

1 cup water
Piece of butter and vanilla.
Boil until thick.—Mrs. Elder.

MATRIMONIAL CAKE

Filling:

2 pkts. dates, stoned
2 cups water
1 cup white sugar.
Boil until thick and set aside to
cool.
2 cups brown sugar
 $2\frac{1}{2}$ cups white flour
 $2\frac{1}{2}$ cups rolled oats
 $1\frac{1}{2}$ cups butter
2 tsp. soda dissolved in little hot
water.

Mix all together well, put half this
mixture in bottom of large bread pan.
Spread on date filling. Crumble other
half of mixture on top. Bake in slow
oven about 30 minutes. I use a bak-
ing pan 10 inches by 16 inches for
baking in.—Mrs. M. McKay.

SULTANA CAKE

$1\frac{1}{2}$ lbs. flour
 $\frac{3}{4}$ lbs. butter
1 lb. brown sugar
1 lb. peel
2 lbs. raisins
6 eggs
2 tsp. baking powder
1 tsp. vanilla
1 dessertspoon lemon extract.
—Miss Joyce.

SPONGE CAKE

4 eggs, beaten lightly
1 cup sugar
5 tbsp. hot water
2 cups flour
2 spoons baking powder
Pinch salt
Flavoring.—Mrs. Elder.

CRUMB CAKE

2 cups flour
1 cup white sugar
 $\frac{3}{4}$ cup butter.
Mix like for pie paste. Take out $\frac{1}{2}$ cup for top of cake. Then to what is left add:

$\frac{1}{2}$ cup sour milk
 $\frac{1}{2}$ cup sour cream
1 egg, beaten
1 tsp. soda
1 tsp. cinnamon
1 tsp. ground cloves
1 cup raisins
1 cup currants.

Put in pan, sprinkle with cup of crumbs and bake.—Miss Joyce.

OATMEAL FRUIT CAKE

1 cup brown sugar
1 cup raisins
 $\frac{1}{2}$ cup butter
1 cup sour milk
 $1\frac{1}{2}$ cups oatmeal
 $1\frac{3}{4}$ cups flour
1 tsp. allspice
 $1\frac{1}{2}$ tsp. soda dissolved in sour milk.

—Mrs. E. D. McAvoy.

CHOCOLATE DATE CAKE

$1\frac{1}{4}$ cups brown sugar
1 cup butter
 $\frac{3}{4}$ cup cold water
2 cups flour
2 eggs
1 tsp. soda
1 tsp. vanilla
2 tbsp. grated chocolate dissolved in boiling water
1 cup dates
 $\frac{1}{2}$ cup nut meats.

Bake in layers and ice with chocolate icing. Can be made without grated chocolate.

—Mrs. E. D. McAvoy.

FUDGE CAKE

$1\frac{3}{4}$ cups flour
 $1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup sweet milk
2 eggs
1 tsp. vanilla
2 ozs. grated chocolate
 $1\frac{1}{2}$ tsp. cream of tartar
1 tsp. soda (dissolved).

Just before adding the soda, add to ingredients $\frac{3}{4}$ cup boiling water. Bake in two layers.

Filling:

$\frac{1}{8}$ cup grated chocolate
1 cup sugar
 $\frac{1}{2}$ cup sweet milk
Butter size of egg

Boil until thick enough to spread before spreading on cake. on cake without running. Add vanilla

—Mrs. Lyman Campbell.

STRAWBERRY CAKES

- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup butter (melted)
- 2 cups. flour
- 2 tsp. baking powder
- $\frac{3}{4}$ cup milk
- 1 egg.

Sift flour, sugar and baking powder. Pour in milk, butter and beaten egg and combine lightly. Bake in muffin tins in fairly quick oven. Split and place crushed and sweetened berries between. Serve with whipped cream.—Mrs. Harold Reinhart.

PRIZE DEVIL'S FOOD

- $\frac{1}{2}$ cup butter or substitute
- 2 cups light brown sugar
- 2 eggs
- 2 $\frac{1}{4}$ cups Swan's Down Cake Flour
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup sour milk
- $\frac{1}{2}$ cup boiling water
- 1 tsp. soda
- 1 $\frac{1}{2}$ squares chocolate melted (in $\frac{1}{2}$ cup cocoa)
- 1 tsp. vanilla
- 1 tsp. baking powder.

Cream shortening, add 1 cup sugar gradually, creaming mixture thoroughly. Beat eggs until light, add the other cupfuls of sugar to the eggs, mixing well, add

this egg mixture to the creamed shortening and sugar and beat hard. Sift flour once, measure, add baking powder, add salt and sift three times. Then add to the first mixture alternating with the sour milk, beating batter hard after each addition of flour and milk. Into the boiling water stir the soda and melted chocolate or cocoa and beat into the cake mixture. Add vanilla. Bake in three layers in a moderate oven (325° F.)

Boil Icing

- 1 cup sugar
- $\frac{1}{4}$ cup water
- 1 egg white.

Put all together in double boiler. Beat constantly while cooking with dover beater. Flavour and spread.

—Mrs. Frank Radloff.

DATE AND NUT CAKE

- 2 eggs
- 1 cup brown sugar
- $\frac{1}{2}$ cup butter
- 1 cup sour milk
- $\frac{1}{2}$ cup broken walnuts
- $\frac{1}{2}$ cup dates (raisins for substitute)
- $\frac{1}{2}$ tsp. soda
- $\frac{1}{2}$ tsp. vanilla
- 1 tsp. baking powder
- 1 $\frac{1}{2}$ cups flour.

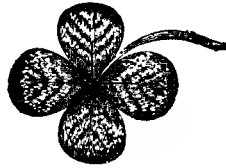
JERSEY LILLY CAKE

$\frac{1}{2}$ cup butter
1 cup white sugar
1 cup sweet milk
2 eggs (whites)
1 tsp. vanilla
2 tsp. baking powder

2 cups flour
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup nuts.

Put half of batter in pan, sprinkle nuts and raisins on this, then spread remainder of batter on.

—Mrs. S. G. Edworthy.



PIES

GENTLEWOMAN JINGLES

It's good enough to
Make you cry,
This plump and luscious
Raisin pie.

—J. B.

RAISIN PIE

1 cup seeded raisins
 $\frac{2}{3}$ cup cold water
1 cup brown sugar
2 tbsp. butter
Juice of $\frac{1}{2}$ lemon
1 tbsp. flour.

Wash raisins, add the water and boil 10 minutes. Add sugar and flour mixed with cold water, cook until it thickens, add butter and lemon juice. Bake in two crusts.

—Mrs. A. H. Hennings.

APPLE CUSTARD PIE

Make a very smooth apple sauce. To each cupful add 2 eggs, beaten lightly, and $\frac{1}{2}$ cup of fresh milk. Have shells of paste ready and fill with the custard. Bake without upper crust.—Mrs. Wm. Sauter.

GREEN TOMATO MINCE MEAT

1 peck green tomatoes
1 peck apples
6 lbs. brown sugar
2 lbs. currants
2 lbs. raisins
2 tsp. each cinnamon, cloves and all-spice.

Cook 3 hours.—Mrs. T. Bethune.

RHUBARB AND RAISIN PIE

Wash and cut $2\frac{1}{2}$ cups of rhubarb. Put in sauce pan and add 1 cup of seedless raisins. Mix together 2 tbsp. of flour, 1 cup of sugar, pinch of salt, add to above mixture, let boil 5 minutes, stirring constantly. Let cool while you make pastry, line pie tin, put in mixture, dot with butter, put on top crust. Bake 30 minutes in moderate oven.—Mrs. Joe Sauter.

DATE PIE

Soak the dates over night and stew until they can be strained. Mix with a quart of milk, 3 eggs and add a little salt and nutmeg. Bake with an under crust only. 1 lb. dates will be sufficient for three pies, and other ingredients are given in proportion for that quantity of dates.

—Mrs. Eva Sauter.

LEMON PIE

Yolks of 2 eggs
1 tbsp. cornstarch
1 cup white sugar
1 cup cold water
Juice of 1 lemon.

Stir well while cooking.

—Mrs. W. R. Andrus.

BOSTON CREAM PIE

Cream Part:

Put one pint of good milk on to boil. Beat 2 eggs, add $\frac{1}{4}$ cup sugar, small $\frac{1}{2}$ cup flour or cornstarch, previously mixed. Beat well and stir into milk. Just when it commences to boil add 1 oz. butter and a pinch of salt, and keep stirring until it thickens. Flavor with vanilla.

Crust Part:

3 eggs, beaten separately, a cup of granulated sugar, pinch of salt, $1\frac{1}{2}$ cups sifted flour, large tsp. baking powder and 2 tbsp. milk. Divide batter in half and bake on pie tins until

a straw color. When done, cool, split each one in half and spread half the cream between each. Serve cold.

—Mrs. M. C. Byers.

COFFEE CREAM PIE

$1\frac{1}{2}$ cups milk
1 cup coffee (strong)
Yolks of 2 eggs
 $\frac{1}{2}$ cup sugar
2 tbsp. cornstarch.

When cooked fold in stiffly beaten whites of eggs. Pour in baked pie crust. When cool serve with whipped cream (sweetened).

—Mrs. R. E. Glendenning.

BOSTON CREAM PIE

3 layers light cake
1 cup sugar
 $\frac{1}{2}$ cup butter
Scant cup milk
Vanilla flavoring
Pinch of salt
2 tsp. baking powder in 2 cups flour.

Filling:

1 cup milk
1 cup water
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ tsp. salt
2 tbsp. cornstarch
Yolk of 2 eggs, well beaten.

Cook 5 minutes. When cool add vanilla and whip till light with egg beater. Spread between layers of

cake. Cover all thickly with whipped cream, sweetened and flavored with vanilla.—Mrs. N. McKay.

PUMPKIN PIE

4 eggs
3 small cups white sugar
3 qts. milk
1 qt. pumpkin
1 tsp. ginger
3 tsp. cinnamon.

Makes 4 large pies. Bake with under crust. Beaten eggs whites on top.—Mrs. Wm. Thompson.

CARROT PIE

3 cups mashed carrots
 $\frac{1}{8}$ tsp. salt
Nutmeg, cloves, cinnamon, allspice
2 tsp. ginger
 $1\frac{3}{4}$ cups sugar
5 cups milk
5 eggs, beaten lightly.

—Mrs. A. Harris.

LEMON CAKE PIE

1 tbsp. butter
1 cup sugar (white)
2 tbsp. flour
Yolks of 2 eggs
Juice and rind of 1 lemon
1 cup milk

Whites of 2 eggs beaten stiff and folded in last. Bake in pie shell.

—Mrs. A. A. Campbell.

BANANA PIE

2 large bananas
2 egg whites
1 cup powdered sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. lemon juice
Chopped nuts
Whipped cream
Pastry shell.

Put bananas through a ricer or force through a seive. Add unbeaten egg whites, sugar, salt and lemon juice. Beat thoroughly until light and fluffy. Pour into pastry shell and bake in a very moderate oven. When cold, serve with whipped cream and sprinkle with chopped walnuts.

BUTTERTART PIE

2 eggs
1 cup brown sugar
1 cup butter
1 cup currants or raisins
1 tbsp. vinegar.

Beat all to cream. Fill pie crust with mixture. Moderate oven.

—Mrs. W. N. Tucker.

SOUR CREAM PIE

1 cup raisins
1 cup sour cream
1 cup sugar
Yolks of 3 eggs
Whites to be used for maringue
1 tsp. cinnamon
1 tsp. cloves.—Mrs. W. N. Tucker.

COFFEE NUT PIE

Scald 2 cupfuls of rich milk in a double boiler, pour it over half a cupful of sugar mixed with 3 tbsp. cornstarch and $\frac{1}{4}$ tsp. salt, add 1 cupful of clear strong coffee, return to the double boiler and cook about 20 minutes. Then add 1 egg, beaten slightly, with $\frac{1}{4}$ cup of sugar. Cook 5 minutes longer, add half a cupful of chopped nut meats and 1 tsp. of vanilla. Cool and pour the mixture into previously baked pie shells. Top with whipped cream and scatter a few nut meats over each pie.—Bertha Trainor.

PUMPKIN PIE

1 $\frac{1}{2}$ cups prepared pumpkin
 $\frac{2}{3}$ cup brown sugar
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. ginger
1 tsp. salt
2 eggs
2 cups milk.

Canned pumpkin is ready for use. Turn into a crust lined pan and bake. Nut meats ($\frac{1}{2}$ cup) are very nice in pumpkin pie, or whipped cream.

—Elsie Meier.

CHOCOLATE PIE

1 cup sugar
 $\frac{1}{4}$ tsp. cinnamon
1 $\frac{1}{2}$ cups hot milk
 $\frac{1}{2}$ tsp. vanilla
3 tbsp. cocoa
2 tbsp. cornstarch

3 egg yolks
2 egg whites.

Method:

Mix sugar, cornstarch, cocoa, hot milk and cook over hot water for 45 minutes. Add yolks and cook a few minutes longer. Fill baked pie crust with mixture. Cover with meringue of beaten egg whites. Brown in oven.

—Mabel Tucker.

LEMON SPONGE PIE

1 cup white sugar
1 tsp. butter
3 level tbsp. flour

Add:

Yolks 2 eggs
Juice and rind of 1 lemon
Salt
1 cup sweet milk

Rub together. Fold in the stiffly beaten egg whites. Bake in one crust.

—Mrs. Eastman.

PUMPKIN PIE

1 qt. rich milk
3 cups boiled strained pumpkin
1 $\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ cup molasses
4 eggs, well beaten
 $\frac{1}{2}$ tsp. salt
1 tbsp. cinnamon
1 tbsp. ginger.

Beat well together and bake with an under crust. This will make three pies. Serve with whipped cream.

—Mrs. James Sherriff.

PINEAPPLE PIE

1 can of crushed pineapple, adding enough boiling water to make 5 cups in all
1½ cups white sugar
5 eggs (use whites for top),
3 tbsp. cornstarch or enough to thicken.

This quantity will make 3 pies.

MINCE MEAT

2 lbs. apples
1 lb. raisins
¾ lb. suet
1½ lbs. currants
A little salt
¼ lb. candied peel
¼ oz. ground cinnamon
1 nutmeg
1 lb. white sugar.

Chop up apples, raisins, suet and the candied peel and mix all together. To keep, add a little brandy or rum, according to taste.

LEMON PIE

1¼ cups hot water
1¼ cups sugar
1½ tbsp. cornstarch
Juice and grated rind of 1 large lemon
Yolks of 2 eggs
Pinch salt.

Cook and fill baked shell. Spread on the beaten whites of eggs and brown.—Mrs. Elder.

BUTTERSCOTCH PIE

Beat the yolks of 2 eggs with ¾ cup brown sugar. Add:
1 tbsp. soft butter
2 tbsp. flour.

Beat smooth and stir in 1 cup rich milk. Cook until it thickens. Flavor with 1 tsp. vanilla and ½ tsp. lemon. Pour into baked shell and cover with whites of 2 eggs beaten stiff and sweetened with 2 tbsp. powdered sugar.—Mrs. T. Bethune.

LEMON PIE

2 lemons, grate the outside of them, squeeze out the juice

Add:
2 cups sugar
Yolk of 3 eggs
4 tbsp. cornstarch.

Put in last 3 cups boiling water, stir well before cooking. Bake crust separate. Beat the whites of 3 eggs with a tbsp. of white sugar and spread on top. Brown in oven.

—M. C. Byers.

BUTTERMILK PIE

2 cups buttermilk
2 tbsp. flour
2 tbsp. butter
2 eggs
1 cup sugar.

Bake with undercrust. This makes two pies.—Mrs. E. McLean.

RHUBARB PIE DE LUXE

Melt 1 tbsp. sugar in a saucepan, add 1 cup sugar and 2 cups cut rhubarb. Cook until rhubarb is softened and sugar melted. Add 2 egg yolks beaten with $\frac{1}{4}$ cup sugar and 1 tsp. flour. Stir gradually into the hot mixture and cook for a few minutes. Cool and pour into a baked pastry shell. Top with a meringue and brown in oven.—Mrs. D. Muir.

LEMON PIE

1 $\frac{1}{2}$ cups sugar
Butter size of an egg
Yolks of 2 eggs
Juice of 1 lemon
2 tbsp. cornstarch.

Mix cornstarch with sugar, then with egg yolks and stir in 1 $\frac{1}{2}$ cups hot water. Stir quickly until it thickens. Let cool, pour into baked shell. Cover with meringue and return to oven till slightly brown.—Mrs. A. Anderson.

STUDIO PIE

Take left over meat such as cold roast beef, roast lamb or veal, cut into dice with same quantity of diced potatoes. Add finger lengths of carrots and small peeled onions (left whole). Arrange in dish and sprinkle with salt, pepper and flour. A chopped

green pepper may be added. Dot with pieces of butter. Cover with cooked tomato to moisten thoroughly. Bake 1 hour. In the meantime cook and mash some potatoes and season them well with salt, pepper, butter and milk. (A beaten egg may be added.) Remove dish from oven if ready and heap the mashed potatoes on roughly to depth of about 2 inches. Return to oven and bake until potatoes are crispy on outside and a light golden brown.—Mrs. L. T. R. Smith.

LEMON PIE

Juice of 2 lemons
2 cups sugar
Yolks of 3 eggs
4 tbsp. flour
Piece of butter.

Sift all together with a little cold water. Add 3 cups boiling water and bring to a boil. Remove from the stove and put in baked crusts. This makes 2 pies. Beat the whites of eggs, add sugar, spread top of pies.

—Mrs. E. McLean.

CUSTARD RHUBARB PIE

Scald 1 cup of rhubarb, chopped fine; drain. Spread on bottom of crust. Make custard of 2 eggs, 1 $\frac{1}{2}$ cups sugar, 1 $\frac{1}{2}$ cups milk. Pour over rhubarb. Meringue on top.

—Mrs. W. McMunn.

BUTTERSCOTCH PIE

1 cup very dark brown sugar
1½ tbsp. flour
1 tbsp. butter
Yolks of 2 eggs (whites for frosting)
1 cup milk.

Cook in a double boiler. Put in baked crust.—Mrs. E. McLean.

SOUR CREAM PIE

$\frac{2}{3}$ cup sugar
2 egg yolks
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
1 cup sour cream
1 cup chopped raisins.

Bake in single crust. Beat white of eggs and put on top.

—Mrs. F. C. Byers.

BUTTER MILK PIE OR MOCK LEMON PIE FILLING

2 cups fresh buttermilk
2 eggs
2 tbsp. flour
1 cup sugar (scant)
1 tbsp. lemon extract
Pinch salt.

Cook as lemon pie.

—Mrs. S. G. Edworthy.

LEMON SPONGE PIE

1 lemon juice
1 cup milk
1 tbsp. flour
1 tbsp. butter
2 eggs
1 cup sugar.

Mix sugar and flour, then cream butter in. Add yolks and beat all together, last of all add stiffly beaten whites. Bake in slow oven 30 or 40 minutes.—Mrs. S. G. Edworthy.

RHUBARB FILLING FOR PIE (Real Good)

Take cups of fresh cut rhubarb or canned will do, add:

1 cup sugar
2 tbsp. flour
1 egg.

Bake in two crusts.

—Sarah Terchrib.

LEMON BUTTER

1 lb. granulated sugar
3 lemons, rind of two
6 eggs, yolks of 6 and whites of 4
 $\frac{1}{2}$ lb. butter.

Put all together in a sauce pan, stir quickly over a slow fire until dissolved and looks like honey. Put in jars. Will keep indefinitely.

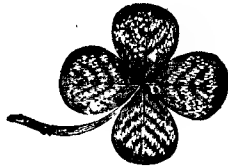
—Mrs. Frank Radloff.

CARAMEL PUDDING

1 cup brown sugar
1 tbsp. butter
4 cups water
5 tsp. cornstarch
 $\frac{1}{2}$ tsp. vanilla.

Brown sugar with butter on top of stove. When brown add boiling water. When all dissolved add cornstarch and vanilla. Serve with cream.

—Sarah Terchrib.



DESSERTS

DRIED APRICOT MARMALADE

Wash and soak over night 1 lb. apricots. Cook until tender and rub through a colander. Take equal part of sugar and 1 can crushed pineapple and cook until it thickens.

—Mrs. Gordon Armstrong.

PEACH MARMALADE

12 peaches
3 oranges
6 cups sugar.

Put all through mincer. Add the sugar and boil till thick.

—Mrs. Wes. Beatty.

STRAWBERRY JAM

Wash and stem the berries. Weigh them. Weigh an equal quantity of sugar, layer about, in your enameled ware preserving kettle. Put in a cool place, cover with cheesecloth or a fresh towel and let stand over night. In the morning drain off the juice carefully, put it into another enameled pot and bring to a boil. Pour it back over the whole fruit and let stand in a cool place until next day.

Put over the fire and bring to a boil—fruit and juice together. Cook when you pour off the side of your large spoon it will gather, drip off in one place, forming a sort of three-cornered web as it does. (It is better to boil the fruit up in small quantities.) Turn into small sterilized jars.

—Mrs. M. S. Mooney.

PLUM MARMALADE

1 small basket blue plums (stoned)
1½ lbs. seeded raisins
4 oranges, juice and rind
4 lbs. sugar.

Cut up the plums, add the raisins, juice and rind of oranges and sugar. Let stand over night. Bring to a boil slowly and simmer till it will set.

—Bertha Trainor.

GRAPE MARMALADE

5 lbs. grapes, or basket full
8 cups sugar
1 lb. chopped raisins
1 cup chopped walnuts.

Cook 30 minutes or longer.

—Mrs. Frank Thiesen.

HEAVENLY JAM

12 peaches
12 pears
12 apples
4 oranges
2 lemons

Equal parts sugar added, peel oranges and lemons, cut fine, pour boiling water over and let stand over night. Put all together in the morning and boil 20 minutes, cut other fruit fine also.—Mrs. M. McPhail.

APRICOT PRESERVE

1 lb. dried apricots
1 lemon (juice only)
2 pineapples or 1 can
Sugar.

Mash apricots and soak over night in $1\frac{1}{2}$ qts. water. Cook in same water until tender. Press through strainer. Combine apricots, lemon and pineapple. Measure. Add half as much sugar and cook until thick.

—Mrs. A. A. Campbell.

APRICOT SHERBET

3 oranges
2 lemons
1 can canned apricots
2 bananas
3 cups water
3 or $2\frac{1}{2}$ cups sugar.

Boil sugar and water for 10 minutes. Cool this, then add your fruit juice and pulp which has been

squeezed through a sieve chill. A cup of cream may be added, but is good without.—Mrs. Frank Thiesen.

CARROT MARMALADE

5 cups ground carrots
5 cups cold water
3 chopped lemons
2 chopped oranges.

Let stand over night. In morning put 1 cup sugar to every 1 of mixture. Then boil until thick.—By a Friend.

LEMON MARMALADE

6 lemons, cut thin
6 pints water.

Let stand 24 hours, then 20 minutes or $\frac{1}{2}$ hour. Add 12 cups sugar and boil 20 minutes more, or until thick enough and put in jelly glasses. All lemons may be used or half oranges.—Mrs. L. T. R. Smith.

ORANGE JELLY

2 tbsp. gelatine
 $\frac{1}{2}$ cup cold water
1 cup boiling water
1 cup sugar
 $1\frac{1}{2}$ cups orange juice
3 tbsp. lemon juice.

Make as lemon jelly.

—Mrs. George Brett.

APRICOT CONSERVE

3 lbs. dried apricots
2 cups canned grated pineapple
2½ lbs. sugar
¼ lb. shelled blanched almonds (these
I omit).

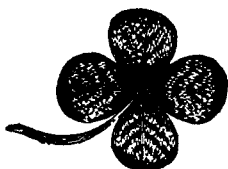
Wash apricots, cover with warm water and soak over night. Add 1 cup more of water and the sugar. Cook very slowly until somewhat thick. Add pineapple and almonds. Set kettle on asbestos plate and cook slowly until very thick.

—Mrs. L. T. R. Smith.

LEMON JELLY

2 tbsp. gelatine
½ cup cold water
2 cups boiling water
1 cup sugar
½ cup lemon juice, lemon rind thinly
shaved.

Make a syrup by boiling water, sugar and lemon rind 5 minutes. Soften gelatine in cold water, dissolve in hot syrup, add lemon juice, strain through cheesecloth, put in a mold and chill.—Mrs. George Brett.



PUDDINGS

GENTLEWOMAN JINGLES

We'll sacrifice our vegetables
Or go without our meats,
But woe to him who urges us
To give up eating sweets!

—J. B.

ENGLISH PLUM PUDDING

1 lb. raisins, seeded
1 lb. currants, well floured
 $\frac{1}{2}$ lb. mixed peel
 $\frac{1}{2}$ lb. shelled almonds
1 lb. brown sugar
 $\frac{3}{4}$ lb. beef suet
 $1\frac{1}{2}$ cups dry bread crumbs
2 cups flour
 $\frac{1}{2}$ cup cherry juice
6 eggs
1 tsp. each of salt, soda, cloves, cin-
namon, allspice, nutmeg, ginger.
—Mrs. R. Gilliland.

Boil the water, add the grated rind and juice of the lemon, then mix the cornstarch and sugar and stir into boiling water. When thick cook a few minutes to take the raw taste off the cornstarch. Remove from fire and stir in the stiffly beaten whites of the 3 eggs. Pour in bowl and serve cold with custard sauce made from the yolks of the eggs.

—Mrs. Ed. Cosford.

PLUM PUDDING

JUBILEE PUDDING

2 cups water
1 lemon
1 cup sugar
3 eggs
2 tbsp. cornstarch
Pinch of salt.

1 cup flour
1 cup currants
1 cup raisins
1 cup chopped suet
 $\frac{3}{4}$ cup brown sugar
 $\frac{3}{4}$ cup mashed carrots
 $\frac{3}{4}$ cup mashed potatoes
1 tbsp. molasses
2 ozs. mixed candied peel

Cinnamon, nutmeg and salt to taste.

Boil 4 hours.

Plum Pudding Sauce:

Stir together:

1 egg yolk
3 tbsp. white sugar
2 tbsp. butter
1 tbsp. flour.

Add enough boiling water to make right thickness. Stir until comes to the boil. Flavor with wine, brandy or nutmeg.—Mrs. Ed. Cosford.

SNOW PUDDING

Part One:

1 pint milk in double boiler. When hot add 2 tbsp. cornstarch and the beaten whites of 3 eggs. Little sugar to sweeten. Dip cups in cold water, these fill with pudding.

Part Two:

For Custard:

1½ cups milk. When hot add yolks of the 3 eggs, 1 whole egg, ½ cup sugar. When thickened remove from stove and flavor. Beat well.

—Mrs. A. C. Harris.

LEMON SPONGE

1 pint boiling water
2 tbsp. cornstarch
½ cup white sugar
Grated rind of 1 lemon.

Take off the fire, add whites of 2 eggs, well beaten. Last of all add the juice of 1 lemon, beat well, put in mould, let cool. Serve with boiled custard made with the yolks of 2 eggs, 1 tbsp. white sugar, 1 cup milk, pinch salt. Flavor with lemon.

—Mrs. H. McKee.

CABINET PUDDING

1 qt. stale cake or bread, broken
¼ tsp. salt
3 eggs
1½ pints milk
1 tsp. vanilla.

Mode:

Beat the eggs until light, add milk, and if you use cake, add 2 tbsp. sugar, if bread, ½ cup sugar. Grease a pudding mould, sprinkle bottom with raisins, then put in layers of crumbs, then sprinkle of raisins and so on till all the crumbs are used. Add vanilla and salt to the eggs, pour all in the mould. It should cover the crumbs. Put lid on, let stand 15 minutes, boil 1 hour, turn out carefully. Serve with lemon sauce.—Mrs. H. McKee.

CARROT PUDDING

1½ cups flour
1 cup sugar
1 cup chopped suet
1 cup raisins
1 cup currants

1½ (level) tsp. soda, dissolved in a little warm water

Add last:

1 cup ground carrots

1 cup apple sauce

1 tsp. cassia.

Steam 3 hours and serve with hard sauce, made in this way:

Hard Sauce:

2 cups brown sugar

½ cup butter

1 cup boiling water

1 tsp. vanilla.

Thicken with 2 tbsp. cornstarch. Serve while hot—Nettie K. Wallace.

DATE NUT PUDDING

1 pkg. dates

1 tsp. soda

1½ cups boiling water

2 tbsp. butter

1½ cups sugar

1½ cups flour

½ cup nut meats

2 eggs whites, beaten stiff and folded in last.

When cool serve with whipped cream.—Mrs. A. A. Campbell.

LEMON FLOAT

1 lemon (juice and rind)

1 cup sugar

1 tbsp. butter

3 cups boiling water.

Set on stove to boil. When boiling drop in the following batter:

1 cup sugar

Butter size of egg

1 cup milk

2 cups flour

1½ tsp. baking powder.

Mix well before dropping into sauce. Bake in oven ½ hour.

—Lillian Fleming.

QUICK PUDDING

Sift together:

1 cup flour

1 cup sugar

2 tsp. baking powder

Pinch salt.

Add:

1 cup raisins

½ cup milk.

Combine and put in a greased baking dish. Mix 1 cup brown sugar, 2 cups boiling water and tbsp. butter. Pour this sauce over the batter and bake in moderate oven 30 to 40 minutes. As the batter rises, the sauce drops down into it and moistens it.

—Mrs. H. E. Coveney,

CHOCOLATE TAPIOCA PUDDING

Soak 1 cup tapioca in warm water. When soft put in double boiler and cover with milk. Cook until transparent, then add 1 egg, well beaten,

1 square melted chocolate, sugar to taste. Flavor with vanilla. Serve with cream.—Mrs. E. D. McAvoy.

TAPIOCA PUDDING

Clear 1 cup tapioca, add 1 cup sugar, 2 sliced bananas, a pinch of salt and 6 peaches that have been cut in half and canned in syrup. Add 1 tsp. lemon extract. Last thing, put on ice or in a cool place. Serve with cream, whipped if preferred to plain.

—Mrs. N. K. Wallace.

SUET PUDDING

1 cup each suet, raisins, sour milk and molasses
2 tsp. mixed spices
1 tsp. soda
Salt

Flour enough to make stiff batter.

Steam $2\frac{1}{2}$ or 3 hours.—Mrs. Elder.

CARROT PUDDING

1 cup grated carrot
1 cup grated potato
1 cup suet
1 cup sugar
 $1\frac{1}{2}$ cups flour
1 cup each raisins and currants
1 tsp. soda
1 tsp. salt.

Steam $2\frac{1}{2}$ hours.—Mrs. Elder.

PLUM PUDDING

$\frac{1}{2}$ lb. suet
2 tbsp. butter
1 large cup bread crumbs soaked in milk and squeezed dry
2 cups sifted flour
1 cup raisins
1 cup currants
1 cup dates
Scant cup milk
1 cup sugar
1 cup chopped almonds
1 cup mixed peel
6 eggs
1 tbsp. salt
1 tsp. each of cloves, cinnamon, mace, nutmeg and soda.

Flour fruit well. Mix all together. Let stand 2 hours. Put into a buttered mould and steam 4 or 5 hours.

—Miss Joyce.

CHOCOLATE BREAD PUDDING

3 slices bread
2 tbsp. cocoa
 $\frac{3}{4}$ cup hot water
1 pint milk
2 eggs
 $\frac{2}{3}$ cup sugar
Pinch of salt
1 tsp. vanilla.

Mix milk, beaten eggs, salt, sugar and vanilla. Pour this mixture over the bread. Bake $\frac{1}{2}$ hour in a moderate oven. Serve with cream.

—Mrs. Geo. Smylie.

RHUBARB TAPIOCA PUDDING

$\frac{2}{3}$ cup pearl tapioca
 $1\frac{1}{4}$ cups boiling water
3 cups rhubarb
 $1\frac{1}{8}$ cups sugar
 $\frac{2}{3}$ tsp. salt.

Soak tapioca over night in cold water to cover. Drain, put in double boiler, add boiling water and salt and cook until tapioca has absorbed water. Wash rhubarb and cut in inch pieces and sprinkle with the sugar. Add to tapioca and cook until tapioca is transparent and rhubarb is soft. Serve with cream if desired.

—Mrs. Carruthers.

APPLE FOATING ISLAND

Make a syrup of 2 cups of water and $\frac{2}{4}$ cup sugar. Boil 10 minutes. Then place 6 large pared apples in syrup. Cover tightly and cook gently until apples are tender. Then carefully remove apples and place in a shallow baking pan. Boil syrup until thick, then pour over apples and cool. Make a meringue of 2 egg whites, 6 tablespoons sugar. Pile on top of apples and brown.

Sauce:

2 egg yolks
1 cup milk
2 tbsp. sugar
 $\frac{1}{2}$ tsp. flour.

Cook mixture until it coats the spoon. Cool. Just before serving pour custard around apples.

—Mrs. Carruthers.

GRAPE NUT PUDDING

$\frac{1}{2}$ cup grape nuts
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup raisins
1 jelly powder.

Make like a jelly with 2 cups boiling water. Set aside until firm.

—Mrs. Jim Stephens.

STEAMED SPECKLED PUDDING

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup currants
 $\frac{1}{2}$ cup suet
1 cup bread crumbs
 $\frac{3}{4}$ cup milk
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ tsp. soda

Steam for 1 hour.

—Mrs. Jim Stephens.

DATE NUT PUDDING

1 pkt. dates (chopped)
1 tsp. soda over dates
 $1\frac{1}{2}$ cups boiling water over dates and soda
2 tbsp. butter
 $1\frac{1}{2}$ cups sugar
2 eggs whites separately
 $1\frac{1}{8}$ cups flour
 $\frac{1}{2}$ cup nuts.

Bake 40 to 50 minutes.

—Mrs. M. S. Mooney.

APPLE DELIGHTS

2 cups flour
1½ tsp. baking powder
½ tsp. salt
½ cup lard or butter
1½ cup milk
1 egg
Apples.

Sift flour, baking powder and salt and work in lard, stir in milk and last a well beaten egg. Drop tbsp. butter into greased muffin tins. Peel and quarter apples. Press one piece into each batter, sprinkle with sugar and cinnamon. Served hot or cold with whipped cream.

—Mrs. T. R. McKee.

PARADISE PUDDING

2 cups bread crumbs
1 cup raisins
1 cup chopped apples
1 scant cup suet (chopped)
1 cup sugar
2 eggs
1 tsp. nutmeg
½ tsp. cloves
1 tsp. soda, dissolved in
1 tbsp. sweet milk
Pinch of salt.

Mix all together and boil in covered dish for 4 hours.

Sauce:

icing sugar mixed with cream to stiff consistency. Flavor with vanilla.—Mrs. Geo. H. McKee.

CHEISTMAS PUDDING

2 eggs
1½ cups currants
1½ cups raisins
1½ cups suet
½ cup sugar
1 cup molasses
½ cup milk
4 cups flour
1 tsp. soda
1 tsp. cream of tartar
1 tsp. mixed spice.

Boil or steam 3 hours.

—Mrs. E. McLean.

CUP PUDDING

½ cup butter
½ cup milk
½ cup sugar
½ cup flour
2 eggs
1½ tsp. baking powder
1 tsp. lemon extract
Fruit (fresh or preserved).

Put 2 tbsp. fruit in cups and fill ½ full of batter. Steam ½ hour. Serve with cream or sauce.

—Mrs. H. J. Brett.

GINGER PUDDING

Beat together 1 cup brown sugar and 1 egg. Sift together:

3 cups flour
1 tsp. ginger
1 tsp. baking soda.

Add 1 cup raisins to these dry ingredients and mix well. Mix together $\frac{3}{4}$ of a cup of sour milk and 3 tbsp. molasses. Then to the beaten egg and sugar add the dry and liquid ingredients alternately. Lastly add 2 tsp. melted butter. Steam 1 hour in a large greased mould or 20 minutes in small mould.—Bertha Trainor.

Mix bread crumbs, grated lemon, sugar and butter with the boiling milk, add yolks of eggs and bake about 20 minutes, or till lightly browned. Let stand for a little while and spread top with jam. Beat whites to a stiff froth. Add a little sugar. Spread on top of jam. Put back in oven to brown.—Mrs. D. Clark.

GINGER PUDDING

1 egg
1 cup sugar
 $\frac{3}{4}$ cup sour milk
1 tsp. ginger
2 tbsp. molasses
1 tsp. soda
1 cup raisins
Butter size of walnut
3 cups flour.

Steam 1 hour.—Mrs. H. J. Brett.

SWISS PUDDING

Whites of 6 eggs, beaten till pan turned upside down, 2 small cups sugar. Add very gradually, 1 tbsp. vanilla, 1 tbsp. vinegar. Bake in moderate oven 45 minutes in pan of cold water. Serve with whipped cream and prepared fruit.

—Mrs. M. McPhail.

QUEEN'S PUDDING

1 pint milk
1 pint bread crumbs
2 eggs (separated)
2 large tbsp. jam
2 ozs. butter
4 tsp. sugar
Grated lemon rind.

APPLE CRUMBLE

$\frac{1}{2}$ cup flour
 $\frac{1}{4}$ cup butter
 $\frac{1}{4}$ cup brown sugar.

Stew enough apple (or any other fruit) to fill a baking dish. Sweeten and allow to cool. Sprinkle on top of apples and bake in oven until a good brown.—Mrs. C. H. Carruthers.

STEAMED FIG PUDDING

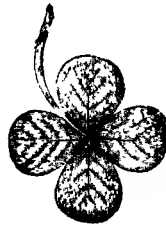
1 cup molasses
1 cup chopped suet
2 cups chopped figs
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
1 tsp. soda
1 cup sour milk

2 eggs

$2\frac{1}{2}$ cups flour.

Mix together molasses, suet, figs and spices. Add soda and milk. Add eggs, well beaten and flour gradually. Beat thoroughly. Steam 2 hours.

—Mrs. W. J. Hartnett.



CANDY

LEMON PINEAPPLE SHERBET

2 cups sugar
3 lemons
 $\frac{1}{2}$ cup crushed pineapple
4 cups water
1 orange
1 egg white.

Bring sugar and water to boiling point with several thin slices of lemon and orange rind.

—Mrs. W. J. Hartnett.

JUNKET ICE CREAM

1 junket tablet
 $\frac{3}{4}$ qt. cream
 $1\frac{1}{2}$ qts. milk
 $1\frac{1}{2}$ cups sugar
Soda tablet in 1 tsp. water.

Stir milk, cream, sugar and flavoring together. Add tablet, stir 1 minute. Set away until it thickens like sour milk. It takes 30 minutes or better.—Mrs. Robert Day.

CHOCOLATE ICE CREAM

Use the same recipe as above only take 3 tbsps. of cocoa and mix with a little hot water and pour in above

mixture. You can use ground chocolate instead of cocoa. Makes it better.—Mrs. Robert Day.

VANILLA ICE CREAM

1 pint milk
1 pint cream
1 cup sugar
2 eggs
1 tsp. Purity flour
 $\frac{1}{4}$ tsp. salt
2 tsp. vanilla.

Scald milk, mix sugar, flour and salt, stir into it. Cook 20 minutes, stirring constantly. Pour boiling hot on the beaten eggs, strain, add the cream and flavoring and freeze as usual.—Mrs. James Kyle.

SEA FOAM

2 cups white sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup syrup.

Boil till it strings. Beat the whites of 2 eggs real stiff. Pour syrup into whites and beat. Add 1 cup chopped nuts, 1 tsp. vanilla. Drop from spoon on buttered dish.

—Mrs. Redvers Coates.

STUFFED FIGS

1 dozen whole cooked figs
Cottage cheese.

Cut slice off top of figs, remove a little of the soft pulpy fruit and replace with cottage cheese which has been mixed with whipped cream. Can be served with fruit salad if desired.

—Mrs. Carruthers.

DIVINITY FUDGE

2 cups brown sugar
 $\frac{1}{2}$ cup corn syrup
 $\frac{1}{2}$ cup water.

Boil together until it forms a hard ball in cold water. Pour syrup over 2 egg whites beaten stiff. Add 1 cup chopped nuts.—Ruth Emary.

BUTTER SCOTCH.

2 cups brown sugar
1 cup butter
1 cup water
3 tsp. vinegar
1 tsp. vanilla.

Let boil without stirring until brittle in cold water. When cooked pour over 1 lb. peanuts that have been placed in well buttered pan.

—Nettie K. Wallace.

BUTTER TAFFY

2 cups brown sugar
 $\frac{1}{4}$ cup molasses
2 tsp. vanilla
2 tsp. vinegar
2 tbsp. water
Add a little salt
 $\frac{1}{4}$ cup butter.

Boil until it comes thick, then cool and mark in squares.—Elsie Meier.

BROWN SUGAR CANDY

4 cups brown sugar
1 cup milk.

Boil together until it threads. Remove from the stove and add 1 tbsp. butter and flavoring. Beat until creamy and then pour into a buttered plate. Chopped walnuts may either be added or put on top of candy.

—Mrs. Geo. Smylie.

CHOCOLATE CARAMELS

1 cup grated chocolate
2 cups brown sugar
1 cup molasses
1 cup milk or cream
2 tbsp. butter.

Boil until thick, almost brittle, stirring constantly. Turn it out on to buttered plates, and when it begins to stiffen, mark it in small squares so that it will break easily when cold. Some like it flavored with a tsp. of vanilla.—Olive Avison.

PEANUT BRITTLE

2 cups sugar
2 cups chopped peanuts
 $\frac{1}{2}$ tsp. salt.

Put the sugar in a pan and let get brown slowly, then put the peanuts in, sprinkled with salt.

—Miss E. Meier.

DIVINITY FUDGE

2 cups white sugar
 $\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ cup syrup.

Boil till it threads. Beat whites of 3 eggs stiff. Add to the syrup and beat till creamy. Pour on buttered plates. Mark in squares. Nuts may be added.—Mrs. E. McLean.

CHOCOLATE CARAMELS

2 tbsp. butter
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup white sugar
2 tsp. vanilla
4 squares chocolate
1 cup molasses
1 cup walnut meats (chopped)

Put in a saucepan and when it starts boiling add chocolate and nuts. Then beat it 3 minutes.—Elsie Meier.

PEANUT BRITTLE

1 cup sugar
 $\frac{1}{2}$ cup peanuts.

Place sugar in frying pan over fire and stir until the sugar is melted and the syrup is a light brown color. Add peanuts and pour immediately into a buttered pan or plate. Mark into squares when the brittle is slightly cooled.—Ethel Hennings.

PANOCHA

1 cup brown sugar
1 cup granulated sugar
 $\frac{1}{2}$ cup milk
1 tbsp. butter
1 cup nut meats
1 tsp. vanilla
 $\frac{1}{16}$ tsp. salt.

Mix sugar, milk and salt. Boil until it forms a soft ball in cold water. Add butter, vanilla, chopped nuts; cool slightly, beat until thick. Spread on buttered pan. Mark into squares before it is too hard to cut easily.—Ethel Hennings.

MARSHMALLOW CANDY

1 envelope of Knox sparkling gelatine
 $1\frac{1}{4}$ cups water
2 cups fine granulated sugar
1 tsp. vanilla
Few grains of salt.

Soak gelatine in half the water for 5 minutes. Put remaining water and sugar in saucepan; bring to the boiling point and let boil till syrup will spin a thread when dropped from tip of the spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat

until mixture becomes white and thick. Pour into granite pans thickly dusted with powdered sugar, having mixture one inch deep. Let stand in a cool place until thoroughly chilled. Turn on a board. Cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows. Nuts, chocolate, fruit juices in place of part water, or candied fruits chopped may be added. Or the plain ones may be rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.—Ramona Hennings.

MAPLE CREAM

1 tbsp. butter, melted in saucepan
Add 2 cups brown sugar
 $\frac{1}{2}$ cup rich milk.

Boil until soft ball stage is reached. Remove from fire, beat until creamy. Add $\frac{2}{3}$ cup walnuts, $\frac{1}{3}$ cup figs or dates. Pour in buttered pan and when nearly cold cut in squares.

—Mrs. Thos. J. Myers.

TURKISH DELIGHT

Juice and grated rind of 4 lemons
2 cups boiling water
4 cups white sugar
1 cup cold water
2 pkgs. Knox gelatine, 2 envelopes.

Dissolve gelatine in cold water. Cook grated rind in 2 cups boiling

water. When cooked add lemon juice. There must be 2 cups liquid. Bring to boiling point and pour on the dissolved gelatine. Add sugar and when dissolved pour on plate dipped in cold water. When firm cut in squares and roll in powdered sugar.

—Mrs. Thos. J. Myers.

SEAFOAM

1 lb. white sugar
 $\frac{1}{2}$ cup water
1 cup walnuts
 $\frac{1}{8}$ tsp. cream of tartar
White of 1 egg
 $\frac{1}{2}$ tsp. vanilla.

Cook sugar, water and cream of tartar to soft ball stage. Let stand till lukewarm. Add beaten egg white and beat to cream. Add vanilla and walnuts. Drop on waxed paper.

—Mrs. Thos. J. Myers.

KISSES

Take the whites of 3 eggs, well beaten. Then stir in a cup of white sugar. Put on plate in a steamer in oven until light. Remove from stove and add:

1 tbsp. cornstarch
1 tbsp. vanilla
 $\frac{1}{4}$ lb. cocoanut.

Put on a greased paper or tin. Bake till brown.—E. A. McIntyre.

COCOANUT KISSES

Beat the whites of 2 eggs stiff
Add 1 tbsp. cornstarch
1 cup icing sugar
Pinch of salt.

Cook in double boiler until like a thick cream. Take from stove and add 2 cups cocoanut. Drop by teaspoonful on waxed paper and bake.

—Mabel Tucker.

BUTTER SCOTCH

1 cup brown sugar
1 cup corn syrup
 $\frac{1}{2}$ cup butter
Pinch of salt and a little vinegar and vanilla.

Boil till it hangs from spoon and pour on buttered plates.

—Hazel Orchard.

CREAM FUDGE

3 cups brown sugar
 $\frac{2}{3}$ cup milk
 $\frac{1}{2}$ tsp. vanilla
2 tbsp. butter
 $\frac{1}{2}$ cup chopped nuts.

Put the sugar, butter and milk into a saucepan and stir till the sugar is dissolved. Boil without stirring until it forms a soft ball when dropped in cold water. Beat till creamy. When creamy pour on greased plates.

—Gracie Fairbairn.

BUTTER SCOTCH

2 cups brown sugar
1 cup syrup
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ tsp. cream of tartar.

Boil until it hardens in water.

—Marjorie Williams.

ICE CREAM CANDY

3 cups sugar
 $\frac{1}{4}$ tsp. cream of tartar
 $\frac{1}{2}$ cup hot water
 $\frac{1}{2}$ tbsp. vinegar.

Boil ingredients together without stirring until mixture becomes brittle when tried in cold water. Turn on buttered plates. As edges cool, fold them toward the centre. When sufficiently cool to handle, butter hands, pull until white and glossy. While pulling flavour with vanilla, orange, chocolate or any preferred flavoring. Cut with scissors or sharp knife.

PEPPERMINT CANDY

2 cups sugar, white or brown
1 cup hot water
1 tbsp. butter
1 tbsp. vinegar.

Boil until it hardens in cold water. Put peppermint oil in while pulling.

—Mrs. G. Cosford (Jr.)

—Kathryn McKay.

PEPPERMINT DROPS

2 tumblers granulated sugar
8 tbsp. water
8 tbsp. icing sugar.

On the icing sugar drop 10 drops of oil of peppermint. Boil the granulated sugar and water 3 minutes, or until it threads. Remove from the stove and beat it in the icing sugar. Beat until thick enough to make drops.—Grace Fairbairn.

MARSHMALLOWS

4 cups sugar
2 cups water
2 cups water with
1 box Knox gelatine
Pinch salt and flavoring.

Put both envelopes of gelatine to soak in 2 cups of water. Cook sugar with water until it makes a thread about 8 inches long. Beat syrup into boiled gelatine and continue beating until the mixture becomes stiff enough to hold the shape of the beater. It will take from 30 to 35 minutes and the harder you beat it the whiter and lighter it will get. Add flavoring and pour in pan dusted with powdered sugar or cocoanut or dipped in cold water. Let set about 1 hour, cut in squares and roll in cocoanut, powdered sugar or ground nuts, or dip in melted chocolate.

—Miss M. Ralston.

PATIENCE CANDY

3 cups white sugar
 $\frac{1}{2}$ tsp. vanilla
2 cups milk
Walnuts.

Caramelise 1 cup of sugar. Add milk slowly, stirring all the time. Add remaining sugar and boil until it forms a soft ball in cold water. Stir to prevent sticking. Beat and add vanilla and walnuts. Pour on buttered pan and score before cold.

—Loretta Orchard.

COCOANUT CANDY

$1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ cup milk
2 tsp. butter
1 cup cocoanut
 $\frac{1}{2}$ tsp. vanilla.

Boil 10 minutes, then add vanilla and cocoanut. Beat till it comes creamy. Nuts may be used in place of cocoanut.—Elsie Meier.

TAFFY

1 lb. brown sugar
 $\frac{3}{4}$ lb. corn syrup
 $\frac{1}{2}$ lb. butter
1 can Eagle brand milk.

Boil 20 minutes, stirring constantly.—Mrs. Elder.

DATE BARS

$\frac{3}{4}$ cup shortening
 $1\frac{1}{2}$ cups sugar
1 cup buttermilk
 $\frac{1}{2}$ tsp. soda
1 tsp. baking powder
1 cup chopped nut meats
 $1\frac{1}{2}$ cups chopped dates
 $2\frac{1}{2}$ cups flour.

Blend sugar and shortening and add buttermilk and soda. Then add flour, baking powder and a pinch of salt and fold in nuts and dates. Bake in a shallow pan in a moderate oven. Cut in oblongs while still slightly warm and roll in powdered sugar.

—Mrs. Harold Reinhart.

DIVINITY FUDGE

3 cups white sugar
1 cup corn syrup
1 cup cold water
Pinch of salt
Little vinegar.

Boil until it forms a soft ball. Take out 1 cup and beat into the beaten white of 1 egg. Beat same for about 5 minutes. Let remainder boil until crisp when dropped in water. Then add all to the white of egg. Beat till

it forms a thick cream. You may use nuts, raisins or dates.

—Elva A. McIntyre.

CARAMELS

$\frac{1}{2}$ cup molasses
1 cup sugar
 $2\frac{1}{2}$ cups milk
Vanilla extract.

Boil 15 to 20 minutes. Pour in greased tin and cut in squares.

—Mrs. F. B. McIntyre.

CANDY

2 cups brown sugar
1 tbsp. flour
 $\frac{3}{4}$ cup cream
Butter and flavoring.

Boil 15 minutes. Beat until creamy.

—Ila McMunn.

BUTTERSCOTCH

2 cups white sugar
2 tbsp. vinegar
 $\frac{1}{2}$ cup water
Butter.

Boil 15 minutes. Pour on buttered pan. Cool and pull.—Ila McMunn.

SPECIALS FOR INVALIDS

SCRAPED BEEF FOR INVALIDS

Cut a strip of steak, lay it on a meat board and with a sharp knife scrape off the soft part until there is nothing left but the tough fibre. Season this pulp with salt, shape into small cakes and pan-broil for several minutes.—Mrs. James Smith.

ALBUMEN MILK

Put in a glass fruit jar the white of 1 egg and $\frac{1}{2}$ cup of milk. Shake gently until the egg and milk are thoroughly mixed. Season if desired with a pinch of salt or sugar and a drop of vanilla.—Mrs. Penvidic.

EGG LEMONADE

Break a fresh egg in a bowl and beat until the white and yolk are well blended. Add 1 glass of cold lemonade and strain. Nourishing and refreshing.—Mrs. A. A. Penvidic.

CRACKER GRUEL

Roll and sift $\frac{1}{2}$ large cracker (or arrowroot). Have in a double boiler 1 cup scalded milk. Add cracker and cook for 5 minutes. Salt to taste.

—Mrs. A. A. Penvidic.



Spanish Bun

$1\frac{1}{2}$ cups sugar
 $\frac{1}{2}$ " butter
3 eggs
2 cups flour
1 teaspoon soda
almost a cup sour milk
1 tea spoon cinnamon
1 " " cloves.

Caramel Cake.

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ " sugar
2 egg yolks Beaten
1 cup water
2 " flour.
bake 5 min.
3 table spoons Caramel
syrup.
1 tea spoon vanilla
2 " " B. Powder
 $\frac{1}{2}$ cup flour.
the beaten whites of eggs.

Oat Cookies.

1 cup brown sugar
1 " butter or dripping
 $\frac{1}{4}$ " sour cream
1 egg 1 tea spoon soda.

NOTES

Ginger Cakes

$\frac{1}{2}$ cup Molasses.
 $\frac{1}{2}$ " sugar
 $\frac{1}{2}$ " butter
 $\frac{1}{2}$ " hot water
 $1\frac{1}{2}$ " flour
2 eggs.

1 tea spoon cinnamon
ginger & soda
 $\frac{1}{2}$ tea spoon salt.
sift flour several
times & do not add
more

Berry Pudding steamed or baked.

$\frac{1}{2}$ cup sugar
1 " sour cream
1 tea spoon soda
2 cups of flour
pinch of salt.
1 pt berries (1 cup)
stir berries in last
put into buttered dish
steam or bake 2 hrs.
serve with cream or sauce

pinch of salt
half cup corn meal.
3 cups oat meal
thicken with flour.

SUNDRIES

HOME MADE SOAP

4½ lbs. scraps of tallow and cracklings
2 quarts soft water
1 can lye.

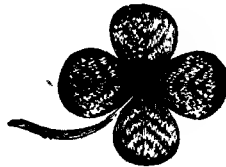
Put on back of stove in an old granite dish pan. When dissolved put on and cook hard till like gravy. Take off and set in snow and stir all the time till real thick. Let stand a little longer and cut in pieces and lay on a board to dry over night.

—Mrs. Chas. Hennings.

FRUIT SALTS

2 ozs. carbonate of soda
2 ozs. tartaric acid
2 ozs. citrate of magnesia
2 ozs. cream of tartar
1 oz. magnesia, powdered.

1 oz. of powdered sugar may be added if desired. Mix well and keep dry. Use 1 tsp. of mixture to ½ glass of water.—Mrs. R. J. Harris.



Oat meal Cookies.

2 cups sugar $\frac{1}{2}$ cup lard.
 $\frac{1}{2}$ " raisins 4 " oat meal
4 " flour 2 t spoons soda
2 tea spoons Cinnamon
4 eggs pinch salt.
cup walnuts.
drop from spoon.

NOTES

Carrot Pie.

1 cup grated Carrots.
1 " Milk
 $\frac{1}{2}$ " sugar.
1 Table spoon M. butter
1 tea spoon Cinnamon
 $\frac{1}{2}$ " " ginger
2 eggs.
Beat yolks stiff add the
other ingredients bake.
in pie shell 30 min.
Make a meringe with
egg whites & 2 table.
spoons sugar

Ginger Cakes.

1 cup molasses
1 " sugar
1 " lard
3 eggs beaten separately
2 tea spoons soda
2 " " ginger
dish of soda in
hot water flour
to roll out.

Syrup for Ice Cream

$\frac{1}{4}$ cup brown sugar
 $\frac{2}{3}$ cup Corn syrup
4 t spoons butter
Boil one min or till
threads run fine
remove from fire.
add $\frac{3}{4}$ cup thin cream
Beat set aside to
cool.

$\frac{1}{2}$ of a lb of butter
= $\frac{1}{4}$ lb. or $\frac{1}{2}$ cup.

Sea Dream Salad. Supper.

Make a ring with 1 lb. Lemon Jello. Set to Harden
filling. 2 cups chicken

Salad " Celery diced. Brown bread & butter
a few blanching. Served with.
a few blanched almonds. NOTES Salted wafers.
2 1/2 cup of pineapple. stuffed almonds.
may be used if desired 3 kinds of cheese.
or chopped almonds stuffed celery

add to ring & sprinkle with Salted almonds.
peppercorns, cucumbers. may be Sable. Guests help
added to Jello Ring themselves, coffee

Tomato Jellie.

2 cups tomatoes strained
add. 1 table spoon Sugar
" " " Vinegar

dash of Salt.

allow to become like warm add. 1/4 lb.
lemon Jello. Set to Harden

Frosting

3/4 cup thick Maple syrup.

1 egg white as it comes from the shell
place in the top of Double boiler over water
heat with a rotary beater 7 min or
1 1/2 to 2 min with the large beater.

Lemon Sauce.

3 table s. sugar 2 t. S. 19 corn starch mix well
3/4 cup hot water added. Cook till thick string
Juice 1 lemon 1 t. S. butter.

Spanish Salad.

1 pk. Lime Jello in bowl. 2 cups warm water

1 t. S. vinegar set to Cool.

$\frac{1}{2}$ cup shredded cabbage.

1 " diced celery

3 small sweet pickles cut small.

NOTES

Beef pie.

put 3 cups roast beef diced into a buttered ^{dish}

4 " water 2 oxo cubes.

set on top of stove till cubes dissolved

2 onions sliced

2 potatoes diced

2 carrots

1 tea spoon salt $\frac{1}{4}$ tea spoon pepper.

3 table spoon min tapioca

Cocoa Syrup.

$\frac{1}{2}$ cup cocoa

1 " cold water

$\frac{1}{2}$ "s sugar. dash of salt.

Boil 2 or 3 min watch carefully.

remove from fire add. 1 tea S. Vanilla

2 table spoons Syrup to a glass of milk

Hot or Cold

